

JULY/AUGUST 1987 • \$1.95 • A share PUBLICATION

Excellence

About Canada's Black And Caribbean Women

SIX ON STAGE

Spotlight on six entertainers

MOTHERS AND DAUGHTERS ...

A Fashion Portrait

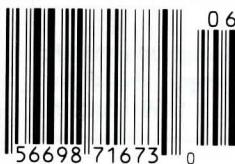
FOR THE LOVE OF MUSIC

Flautist Averil Spence

ANTICIPATING ANTIGUA

Island of 365 beaches

PLUS: Cycling • Immigration tips • Outings for the lady in your life • Sexual flights of fantasy • and more



ARTIST, ALTRUIST MOTHER, MATE

Pamela Appelt ... as multi-layered as her decoupage artwork

CONTENTS

FEATURES

A Family Affair by Sylvia Searles	
40 Years Of Marriage	14
Six On Stage by Leila Heath	
Six Black women who have been a success on stage and off.....	30
For The Love Of Music by Valerie Wint-Bauer	
Playing the flute is only part of her ambition.....	36
COLUMNS	
Relationships by Maureen Roach-Brown	
The influence of parents	16
Attitudes by Valerie Wint-Bauer	
Shades of prejudice.....	17
Through A Man's Eyes by Dr. Odida Quamina	
The rise of women	18
For Men Only by Sandra Whiting	
Summer treats	19
DEPARTMENTS	
Editorial	
Still a source of pride	3
Letters	
.....	4
Up Front	
Newsmakers and events in our community.....	6
What Was Said	
Doing the little jobs well	7
The Arts by Leila Heath	
Denyse Thomasos takes her art seriously.....	8
Books by Jennifer Amoa	
Anger on the home front	9
Advice by Doreen Williams	
Flights of Fantasy.....	10
Travel by Jack Oldham	
Anticipating Antigua	11
Fitness by JoAnn James	
Pedal Power	35
Horoscope	
Leo.....	43
Law by Sharon Ffolkes-Abrahams	
Tips on Immigrating	44
Finance by Sheila Simpson	
Plan your success	45
Parting Shot	46

20



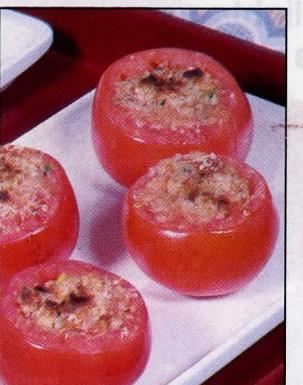
**Artist, Altruist,
Mother, Mate**
by Maureen Roach-Brown
Pamela Appelt is as multi-layered as her popular decoupage artwork.

24



**On Mothers and
Daughters...A Portrait**
by Donna Holgate
The personal fashion styles
of two busy mothers and
their daughters.

28



Garden of Eatin'
by Pamela Appelt
Quick vegetable
dishes to let you spend
more time
outdoors

EDITORIAL

Shining Stars

Still A Source of Pride

It used to be that the only Blacks who received any significant positive exposure in the news media were entertainers and sports heroes. After a while, though, that began to bother us. We knew that we were capable of, and that we were, in fact, doing so much else. We felt that our children were being deprived of a wider range of positive role models.

This tended, for some of us, to take a bit of the sheen off the accomplishments of our entertainers and sports heroes. The fact is, however, at a time when we desperately needed heroes and role models they were there excelling and being accepted by the world. The same people who were constantly putting us down as shiftless and lazy were now saluting us in the persons of our heroes. We needed that.

Today, however, so much has changed. We have heroes everywhere, people we, and our children can look up to and emulate, and the field is growing. We are not anywhere near done yet. But as a result of our quest for greater recognition in a wider field of endeavour, we have tended to downplay the importance of our original heroes.

As in every other area of endeavour, success has not been easily attainable for our artistes. Their's is a story typical of all our stories, the uphill struggle for recognition, acceptance and a fair chance at the brass ring. But they persevered, as we all must, they practised, rehearsed and fine-tuned their art to the point where it was almost impossible to ignore them.

You see, raw talent alone is not enough. It is what we do with our talent that will make the difference and give us that extra edge.

We have all heard the expression: "Blacks have to be twice as good to stay even." Maybe that is why when we make it, we shine so brilliantly. And it's that brilliance in our artistes that has served as a tremendous source of pride for us down through the years.

Some are quick to point out that they did not have to struggle and don't know what the fuss is about. Thank God for that. And thank all those who went before, took the knocks and paved the way. Most did have to struggle. But with each success, the road has become a little easier, the load a little lighter.

Maybe one day we won't have to struggle as hard. Maybe one day our colour will no longer be an issue. Maybe. But until then we have to seek out and cherish our success stories, the excellent among us, and strive to excellence ourselves.

In this issue, *Excellence* spotlights some of the artistes in our community, a few of the many who have made us proud over the years, as a salute to our entertainers and artistes everywhere who have done so much to instill in us a sense of pride in our colour.

Arnold A. Auguste
Publisher

Excellence

Volume 1, Number 8
July/August 1987

Publisher

Arnold A. Auguste

Managing Editor

Sandra Whiting

Editor

Valerie Wint-Bauer

Art Director

Doug Bennet

Creative Director

Rafael Cabrera

Cover photograph
of Pamela Appelt
by John Wild

Fashion & Beauty Editor
Donna Holgate

Food Editor

Pamela Appelt

Contributors

Jennifer Amoa

Sharon Ffolkes-Abrahams

Leila Heath

Dr. Odida Quamina

JoAnn James

Maureen Roach-Brown

Sheila Simpson

John Wild

Doreen Williams

Typesetter

Nancy Neitzel

Excellence is published 10 times a year by Excellence Communications, a division of Arnold A. Auguste Associates Limited, 1554A Eglinton Avenue West, Toronto, Ontario, M6E 2G8, Canada. Telephone (416) 789-0691. Subscription price is \$12.50 a year. Newsstand price is \$1.95 per copy. All rights are reserved and reproduction in whole or any part thereof without the prior written permission of the publisher, is strictly forbidden by federal copyright laws. Second Class Mail Registration Number 7306. Published and Printed in Canada

A **share** Publication
CANADA'S LARGEST ETHNIC NEWSPAPER

LIFE, HEALTH, GROUP INSURANCE, ANNUITIES,
PENSION PLANS

For all your life insurance needs,
RRSP, Mutual Funds,
Investments and
Financial Planning call
CARL I. LEWIS, B.A.
FIELD UNDERWRITER



NEW YORK LIFE INSURANCE COMPANY
2 SHEPPARD AVENUE EAST, SUITE 404
WILLODDALE, ONTARIO M2N 5Y7
BUS. (416) 226-6515

A. B. S. Beauty

Black Hair Products

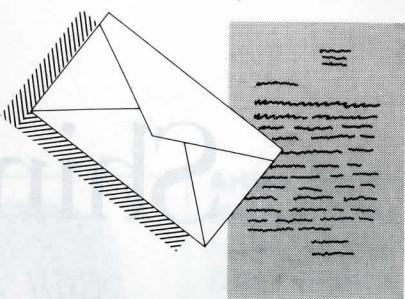
- COSMETICS
 - WIGS & BRAIDS
 - PURSES
 - JEWELLERY
- 1883 FINCH AVE. W.
DOWNSVIEW, ONT.
M3N 2K1

Mary Adjei
(416) 638-3124

KISS 98 1/2
All Hit WKSE-FM

**30 minute
marathons
every hour**

Letters



Insights

Dear Valerie Wint-Bauer,

First of all it was a pleasure for me to spend a relaxing morning during the winter talking to you about my life and my work. It is through such opportunities for introspection that we gain clearer insights into ourselves and our motives for doing things.

More importantly, I thoroughly enjoyed meeting you and the chance which the occasion provided for me to learn about the person behind the picture which appears in your feature column in *Excellence*.

Thank you very much for a very well-crafted article. I read it with interest as I tried to see myself through your eyes. The picture you created is very complimentary. Your writing clearly reflects that quality of sensitivity which you bring to the art of journalism and to your interest in people.

Thank you for creating that picture of me.

Sincerely,
Inez Elliston
Toronto

Proud and Pleased

I subscribe to *Excellence* magazine and found it to be very good. I am proud and pleased with the quality work that goes into making this

magazine excellent. It is truly living up to its name.

Yours truly,
Gladys Newman
Kitchener

Applause

I thoroughly enjoyed the format and layout of the magazine, a credit to the print community and a welcome addition. I have purchased all copies to date as a collector's item. The Cheetah Dance - The Arts Centre applaud your endeavour to project and highlight the accomplishments of our community. Success always.

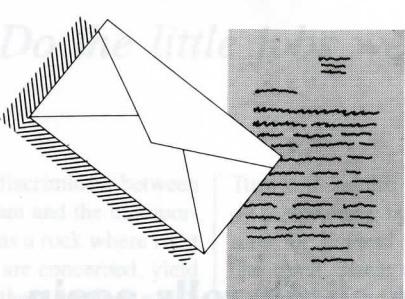
Audrey Rose
President
Cheetah Dance Group
Toronto

A New Plateau

I applaud your timely article about Terese Sears, the founder and director of The Canadian Fashion Alliance (Spring Fashion, May 1987). Her eclectic taste, commitment, and almost fanatical devotion to excellence have helped raise the spirit, the elegance, the creative energy of Canada's accomplished fashion designers to a new plateau.

With all good wishes,
Willis Romanow
Founder and President
Régime 2249
Toronto

Letters



Relevant

The fact that this is my fourth subscription to *Excellence* magazine, is an indication of my satisfaction with the quality and the content of our magazine. As well as giving three gift subscriptions to friends and family, I have recommended it highly to other friends and colleagues. In my opinion, it is a testament to the competence and ability to achieve at a very high level, by members of our community.

Excellence provides relevant and much needed information for, and about our community. As a result, it conveys a feeling of sisterhood by reinforcing our individual aims, and inspires us to keep on trying despite the many obstacles. Most importantly, our excellent women are role models for our youth. It is so important for them to internalize the idea that with hard work and determination, "I can achieve my goals also."

In my particular case, the arrival of the first two editions were timely. Arriving during a particularly difficult time in my life, they became my social companion at work, accompanying me on my meal breaks. They certainly provided "food for my soul." Previously unaware of some of these achievements, I felt a

sense of pride for these women, and a renewed sense of determination 'to keep on trucking, regardless.'

In reply to your request for ideas and suggestions, I have sent along three which I hope can be considered in the future.

Again, congratulations on the wonderful job you are doing.

Mrs. H. Merlyn Arthur
Scarborough, Ontario.

Second Best

Dear Jennifer Amoah (Is this an African name?)

Your review is the second best that has been written. The best or as a Barbadian would say, the first best, is the one I would write. Is my narcissism a trifle on the West Indian side of bigness?

I get the impression you understood the book thoroughly except that I do not understand fully your view of "A man", "The smell" and "How he does it."

Yours,
Austin Clarke
Toronto

We invite your comments.
Please write to *Excellence*,
Letters to the Editor, 1554A
Eglinton Ave. W., Toronto
M6E 2G8.

EBONY SINGLES

A BLACK PERSONALIZED INTRODUCTION SERVICE

For the progressive, sincere, selective Black single

If you are tired of playing games, not currently involved, and desire a unique opportunity to meet that special someone with whom to establish a MEANINGFUL RELATIONSHIP ... then EBONY SINGLES is for you.

For more information complete the form below and mail to EBONY SINGLES, 9 St. Nicholas St. Suite 305, Toronto M4Y 1W5

or call 323-0996 Mon.-Fri. 11-8 pm, Sat. 10-3 pm

WE OFFER A COMPLETELY CONFIDENTIAL SERVICE

*Special dinner voucher with this ad

APPLICATION FORM

Name Mr. Mrs. Ms.

Address Apt. Postal Code.

Tel. (H) (B)

Date of Birth Marital Status

Occupation Height Weight Are you seeking someone for:

(A) Friendship (B) Possible marriage
I prefer to meet someone in the age group of:

Age minimum Age Maximum

**For that extra special
look just for you**

**Dresses for every
occasion: for work,
for play, for weddings**

**Special discounts
for bridesmaids**

Charley's
Don Mills
Shopping Centre
447-4231



Ottawan appointed to housing board

A Jamaican-born resident of Ottawa has been appointed to the Ontario Housing Corporation's board of directors. Fay Hanisch, a Canadian resident since 1964, is a freelance writer and host of Caribbean Calendar.

"I am people oriented, so I hope that whatever I contribute will directly affect people," said Hanisch of her appointment to the 11-member board.

She also serves on the boards of the Ottawa-Carleton Im-



Fay Hanisch
migrant Services Organization and the sub-committee on employment equity of the Advisory council on Visible Minorities.

Common front

Several ethnic communities plan to form a coalition to lobby for changes to the Ontario Human Rights Commission (OHRC). The coalition would be the first

of its kind in Metro. The decision was reached following a series of workshops at a recent forum, Women Victims of Racism Speak Out.

"People felt that one united voice would be heard clearly by the government and the OHRC," said Mary Woo Sims, a moderator of the forum.

Shaping up Peel hiring practices

The Peel Multicultural Council (PMC) has submitted a brief to the Peel Board of Education, calling for the board's hiring practices to be more culturally sensitive.

Barbara Horvath, the PMC's executive director, cautioned that the council is not calling for an affirmative action policy but rather for the school board to be culturally alert. "Just because a person speaks with an accent does not mean the person should not be hired," she said.

One recommendation is that the school board should conduct a survey of the ethnocultural make-up of its staff. This would enable the board to monitor where changes and improvements are needed to ensure that its staff reflect the multicultural population.

A policy report is expected to be presented to the board this fall.

Mobile clinic rolls again

Toronto's Immigrant Women's Centre has recently received funding to continue its mobile health program for another year. The funding allows the IWC to continue providing immigrant women with health information and medical examinations at their place of work.

Elma Henry, a West Indian counsellor at the centre, says that the mobile health unit, which is staffed by a doctor and a counsellor, reaches out to immigrant women whose jobs and family responsibilities prevent them from receiving regular medical examinations.

The counsellors also visit factories and other workplaces with a high visibility of immigrant female employees.

The program has been operating for three years and in that time 19 workplaces have been visited and 3,000 immigrant women workers have benefitted from health education workshops. Another 1,000 women have visited the mobile clinic.

First Black judge appointed in Nova Scotia

Dartmouth lawyer Corinne Sparks is the first Black judge ever appointed in Nova Scotia, bringing to 16 the number of family court judges in the province.

Sparks, 33, who has her own practice, was the first Black woman to graduate, in 1979, from Dalhousie Law School. At age 19 she graduated from Mount Saint Vincent University, majoring in economics. She is also a member of the Women and the Law Caucus and sits on the board of the Nova Scotia Home for Coloured Children.

Social Services Minister Edmund Morris said that more family court postings which "reflect the multicultural diversity" of the province can be expected in the wake of Sparks' appointment.



Doing it Wright

Philomen Wright has been named as one of North York's volunteers of the year.

She has been a member of several committees including North York's committee on Community Race & Ethnic Relations. Wright encourages more Blacks and West Indians to volunteer their time to bettering the community.

Do the little jobs well

You must discriminate between the important and the unimportant. Firm as a rock where right and wrong are concerned, yield always to others in things which do not matter. For you must always be gentle and kindly, reasonable and accommodating, leaving to others the same full liberty which you need for yourself.

- Alcyone

Turn your midlife crisis to your own advantage by making it a time for renewal of your body and mind, rather than stand up helplessly and watch them decline.

- Jan E. Brody

Do well the little things now; so shall great things come to thee by and by, asking to be done.

- Persian proverb

My God, what do we want? What does any human being want? Take away an accident of pigmentation ... our outer skin and there is no difference between me and anyone else. All we want is for that trivial difference to make no difference. What can I say to a man who asks that? All I can do is try to explain to him why he asks the question.

"You have looked at us for years as different from you that you may never see us really. You don't understand because you think of us as second-class humans. We have been passive ... through so many years of your insults and delays that you think the way things used to be is normal. When the good-natured, spiritual-singing boys and girls rise up against the White man and demand to be treated like he is, you are bewildered. All we want is what you want, no less and no more..."

- Shirley Chisholm

Let a new earth rise. Let another world be born. Let a bloody peace be written in the sky. Let a second generation full of courage issue forth, let a people loving freedom come to growth, let a beauty full of healing and strength of final clenching be the pulsing in our spirits and our blood. Let the martial songs be written, let the dirges disappear. Let a race of men now rise and take control!

- Margaret A. Walker:
For My People

Whenever evil befalls us, we ought to ask ourselves, after the first suffering, how we can turn it into good. So shall we take occasion, from one bitter root, to raise perhaps many flowers.

- Leigh Hunt

Don't be afraid to give your best to what seemingly are small jobs. Every time you conquer one it makes you that much stronger. If you do the little jobs well, the big ones will tend to take care of themselves.

- Dale Carnegie

There is not much to be said for the business of the male having to be superior except that it's a terrible strain. For men to be superior, women have to be inferior, which requires a lot of play-acting for both parties and never seems to work. And an awful lot of men would likely trade their male supremacy for a chance to be accepted as they actually are.

- Merle Shain

GLOREE'S FASHIONS

Unbeatable Opening Price Specials

Beauty Products

Nigerian Venus De Milo Creme \$3.99 a tube
Buy \$35 worth of beauty products Get Venus De Milo Soap FREE
*Limited Time Offer

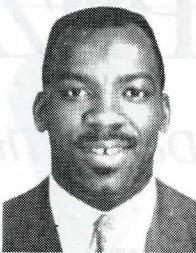
Ladies' Fashions

50 KENNEDY RD. S.
Clarence Square Mall, Brampton

454-3907

Planning on Investing in Real Estate?

HIRE ME TO HELP YOU FIND THAT RIGHT INVESTMENT



CLINTON JOHNSON, B.A.
HomeLife/Cimerman
Real Estate Limited

2201 Danforth Avenue

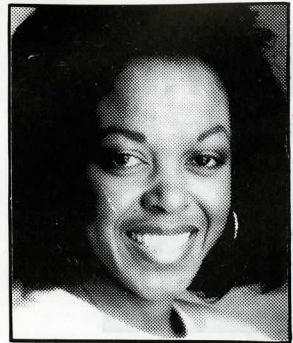
Phone 690-6363

Soul Cut Salon

106 Yorkville Avenue 920-0486
1382 Danforth Avenue 462-1502



Hours: Mon-Wed 9:30-6 pm;
Thurs-Fri 9:30-8 pm; Sat 7:30-4 pm



THE ARTS

By Leila Heath

Prized Painter

Denyse Thomasos takes her art seriously

Denyse Thomasos has every reason to be jubilant these days. She has just received a letter of admission to Yale University. That means this fall the 22-year-old Toronto resident will begin a Master's program in Fine Arts at Yale. Nineteen other successful applicants will join her when classes commence in September. Some 500 hopefuls had applied earlier this spring.

Her reaction to the news is best described as "restrained enthusiasm." You see, Thomasos still has to wrap up her fourth and final year of a joint program in Art and Art History at the University of Toronto and Sheridan College. In other words, she's got a hell of a lot of end-of-term assignments (essays, exams and such) to complete, before she can really savour "her good news." And, you can bet she will get top marks and be a beaming graduate to boot, come spring convocation.

Thomasos would have been like any other unassuming university undergraduate going about her business of getting an education, if a painting of hers, an oil on canvas entitled "South African Pain," hadn't fetched her one of five first prizes in the Canada-wide College Arts 86 competition. Open to college

art students across the country, the competition netted her a hefty \$5,000 scholarship award, a substantial win and certainly a sizable chunk of her tuition at Yale.

During our interview at the University of Toronto's Hart House in the learned quarters of the Bickersteth Room, Thomasos is straightforward and self-assured. Since her win, she tells me, she has become a bit of a media celebrity. She is no longer fearful or anxious of reporters. In fact, she kinda likes all the media attention she has been getting.

This is how she describes her prizewinning painting: "It's 12



COLLEGE ARTS 1986 Awards Banquet, Saturday 11 October 1986, Palais des Congrès, Hull: Denyse Thomasos from Sheridan College is congratulated by Jury Chairman Alex Colville after being declared one of the five National Winners (each to receive a \$5,000 scholarship) in this competition sponsored by the Association of Canadian Community Colleges.

which South Africa's Bishop Desmond Tutu participated. Thomasos says response to the work was extremely positive.

Asked whether the painting's blatant political overtones had caused her to have second thoughts about entering it in the contest, she replies with a flat "No," and adds: "I painted it because I wanted the public to see it, not just the Black community, but the whole country. It was that kind of painting. It didn't belong in a livingroom. It belonged in a gallery."

The rather large painting has since been on exhibition in Montreal. It has also journeyed to New Haven, Connecticut, where famed art instructor Bernard Shates and his colleagues must have closely scrutinized it—before concluding that the artist was definitely worthy of entering Yale's hallowed halls.

When last I spoke with Thomasos, she told me the painting was at the U.S. border on its way back home. The work was purchased jointly by the University of Toronto and Sheridan College and shares its time between each institution. There is no question about it, the artist certainly has got her wish to have her work publicly displayed.

About those who have influenced her painting, she cites teachers Maxine Schacker, John Armstrong and Howard Simkins. On Schacker in particular, she heaps much praise. "She took her art and herself very seriously." But it is the works and techniques of the old masters like Norwegian Edvard Munch, Spaniard Francisco Goya and Italian Polidor Caravaggio that she praises the most. Of them she says: "I find Munch's 'Scream', or rather the mood that 'Scream' conveys pops up a lot in my work ... and, as far as Caravaggio goes, it's his special lighting which is dramatic. My painting could be all set on stage ... definitely theatre at its best."

And that's how this budding artist summed up her prizewinning piece.
Leila Heath is a reporter with CKFM in Toronto.



BOOKS

By Jennifer Amoah

Anger on the Home Front

Ten domestic workers tell Makeda Silvera of their pain

For many years White women's rights activists have bemoaned the lack of enthusiasm and peripheral stance on the part of Black women to be as vocal or forceful as they are in the struggle for liberation. By now it is a legendary tale passed down from the sixties among Black women about a prominent women's libber who left her Black maid cleaning up the kitchen after supper, went to a feminist meeting, looked around in dismay and said, "Gee, where are all our Black sisters?"

In her very enlightening and empathetic book, *Silenced: Makeda Silvera talks with working class West Indian women about their lives and struggles as domestic workers in Canada* (Toronto: Williams-Wallace, 1983), Silvera points out that employers of Black and Asian domestic workers, while belonging to a subordinate group because of their sex, are usually also members of the dominant group by virtue of their race and class. So unfortunately, these employers often share the same assumptions on race and class that are held by their White male counterparts. Hence the

discrepancy between word and deed for many activists, and the Black woman's guarded caution as instilled by history.

The book elicits unabashed anger (and pain) at how some members of the middle class force a whole segment of society to simply "hang on," as one domestic worker puts it. When an Ontario government minister has claims pressed against him (with the help of the Rights for Domestic Servants group) for back wages, who can blame the women interviewed in this book for being convinced that the government plays a knowing role in their exploitation?

Silvera has shattered any notion we might have about the government doing domestic workers a favour by allowing them to come to Canada to work in the first place. The fact is that many of these women are like indentured labourers who do work that Canadians do not want. Domestic work is not included under the Employment Standards Act and the few regulations which govern it are not policed. It is not uncommon for domestic workers to be refused

Continued on page 40



SHANTY'S The Hair Place

Model's hair designed by Shanty's

Braids, Weave-On, Curls, Relaxers

AT SHANTY'S QUALITY COMES FIRST

Designer
Cuts

582 St. Clair Ave. W.

Mon. Tues. Wed. 10-6
Thurs. Fri. 10-8
Sat. 8-4:30
651-8679



THELMA BACCHUS
SALES ASSOCIATE



6680 FINCH AVE. W. UNIT 3
AT HWY. 27
REXDALE, ONT. M9W 6C2

(416) 674-5466
RES: (416) 274-6340
PAGER: (416) 589-8772

HIGHER MARKS

What Is It?
We are a teaching service
From Kindergarten to University
Winter/Spring/Summer/Fall
Reading Grades K-6 • Algebra • Spelling
Trigonometry • English Grammar • French
Functions & Relations • Essays for College
Geometry • Black History • Science

Who needs us?
Students who need better grades in school
Immigrant students
Adults who desire help with their studies

**Private
lessons
at our
Learning Centre**
532-5563



ADVICE

By Doreen Williams

Flights of Fantasy

Problems with lust, love and communication

Foxy Lady

Q I was a pretty teenager who has grown up to be a real foxy 21-year-old bombshell. There was never a time in my life that I had to seek out male companionship. I had to keep first the boys at bay and then the men. Then I met a man. What a hunk! The only problem was that he did not try to rush me off my feet.

It became a challenge for me to keep up my rating. I put my project of getting him to acknowledge my presence in full gear. Now that he has been to bed with me and whispered lovely words in my ears I can't get him to talk about his love for me when we are not between the sheets. What can I do?

A Your troubles began a long time ago—long before you began to chase this man, caught him, and bedded him. You obviously have become confused about passion and lust versus love. Lust appears to have been the propelling force that initiated this relationship. Your assumption, or more accurately, your presumption that having ensnared this man he should now

be madly in love with you, is outrageous. A voluptuous body and a beautiful face alone do not a lasting relationship make. This man might be a slave to his passion but not to a scheming spoilt female.

Mark Twain noted that "love seems the swiftest, but is the slowest, of all growths." If you are possessed with lust and not love, you can't give it, and should not expect to receive it. I would suggest that if you are desirous of ensuring that this or any future encounters develop into meaningful relationships you begin to cultivate attributes that will be impervious to the passage of time.

Drifting Apart

Q I have been married for 12 years. My husband and I are both 44 years old. Sex was great for the first 10 years, but over the past two years my husband doesn't seem to make love to me as regularly anymore. He used to be able to make love to me twice a night. Now when he does I am almost asleep the second time around. I am afraid that I have not been good at hiding my feelings, especially

over the last three months. He has also attempted to have rectal sex with me. I am definitely not into that. What can I do to straighten things out? We just seem to be growing apart.

A This flight into sexual experimentation might be your husband's search for reassurance of his virility. Your expectations of perfect performances and sustained frequency on the part of your mate are unrealistic. His inability to live up to your expectations could be perceived by him to be a threat to his machismo.

The reality of the aging process and normal physical deterioration will in time slow us all down. Sexual capacity is definitely influenced by individual sex drive, age, and physical condition. All males, because of their anatomical structure need a refractory period—time to recuperate after ejaculation when one is spent and exhausted. The phase varies—they need between half an hour to two hours to rise to the occasion one more time.

Doreen Williams has a B.A. in Sociology and Psychology and is experienced in community, family and individual counselling.

If you have a problem you feel she can help you with, write to Doreen Williams, c/o Excellence, 1554A Eglinton Avenue, West, Toronto M6E 2G8.

Excellence Travel

Anticipating Antigua

The island of 365 beaches

BY JACK N. OLDHAM



Pillars of former boathouse at historic Nelson's dock yard

P

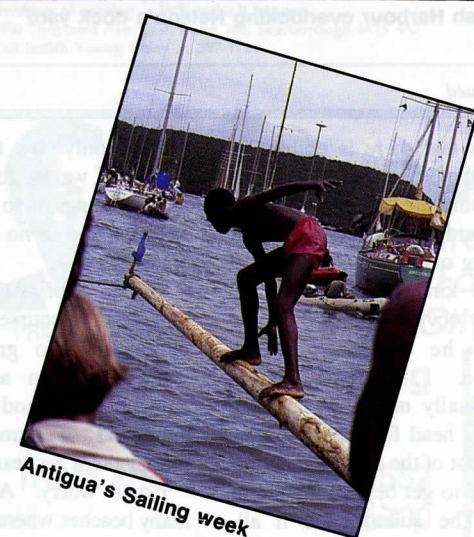
ristine has become a new buzzword in the travel industry, resurrected by some travel writers to replace the much overworked adjective "unspoiled." But there are times when unspoiled is the word, when pristine is simply not suitable.

The beaches of the eastern Caribbean island of Antigua are a case in point. For some of them pristine, meaning primitive, belonging to the

earliest period or state, does not portray the precise picture. But unspoiled, meaning undamaged, unsullied, untainted, unadulterated, comes close to doing so.

The island boasts 365 beaches and it's quite possible to have one all to yourself—no evidence of physical damage; unpolluted; unsullied by that bane of modern life, the blaring portable radio or tape deck.

To have a beach to yourself



Antigua's Sailing week

**Antigua's International
Sailing Week
helped put the country
on the map**



English Harbour overlooking Nelson's dock yard

continued

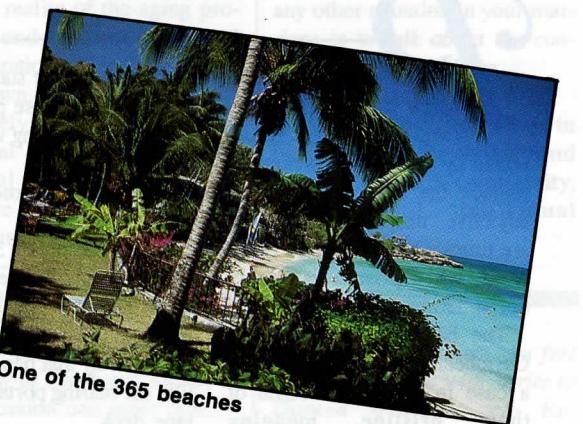
means that there is nothing to mar the sound of the waves caressing the sand, the rustling of palm fronds in the breeze, the singing of the island's birds. It is the kind of setting Daniel Defoe obviously had in mind when he wrote *Robinson Crusoe*.

I usually take a book along when I head for such a beach, but most of the time find myself unable to get beyond a page or two. The quietness of it all,

broken only by the natural sounds of waves, rustling trees and bird songs, is so relaxing it's hypnotic and in no time you're off to sleep.

This kind of setting isn't for everyone, of course. There are holidaymakers who grow uneasy when alone on a beach or anywhere else, and the lack of any kind of human activity makes them restless.

Don't worry. Antigua has many beaches where it would be



One of the 365 beaches

**What helps make
Antigua popular
is the fact it's
4-1/2 hours from Toronto**

impossible most of the time to find yourself alone. A good example is one of the island's longest beaches which faces Dickinson Bay on the northwest coast north of St. John's, the island's capital; or the beach at Long Bay on the east side of the island; and those beaches that are closely associated with the larger hotels - Curtain Bluff, St. James Club, Blue Waters and Half Moon Bay.

But even these never even approach a condition that could be called crowded, and even on these it is sometimes possible to find yourself the lone occupant. The hotel is close by, however, and you know your fellow guests are within earshot if not visible.

The concern of any vacationer lolling on an Antiguan beach is, or should be, the sun. The danger of sunburn is great, as it is anywhere in the Caribbean, and even if you're the type who burns only moderately you should use caution when it comes to sunbathing down here.

Antigua's Cedar Valley Golf Club is not difficult enough to lure the professional tour "boys" or "girls", but it is plenty tough enough for the holiday golfer. Moreover, situated as it is in the hills in the northern end of the island, it catches the trade winds all day long, which makes for pleasant golf along with some fine views.

Tennis has developed to the point in Antigua where tennis weeks, staged at different times of the year, lure some of the big names of the game. The two hotels that have gone into tennis in a big way are Curtain Bluff and Half Moon Bay.

Sailing, of course, is the activity that probably has done the most to put Antigua on the international map. The island's international Sailing Week is staged every spring and attracts yachtsmen from around the world. During the last couple of years Sailing Week has been preceded by Windsurfing Week which, although still in its infancy, is becoming internationally famous, a tribute, perhaps, to the rapidly growing popularity of this sport.

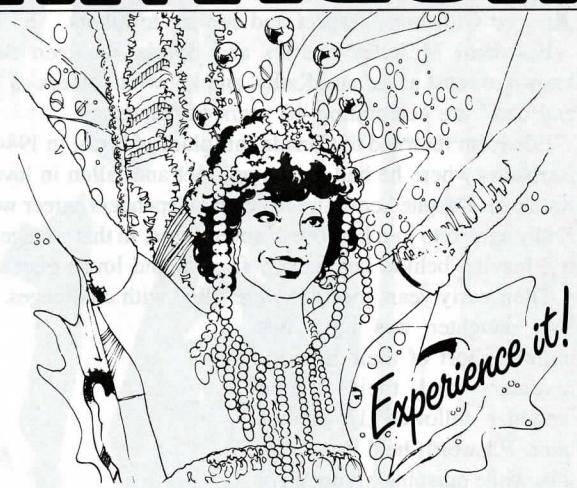
What helps to make Antigua a popular holiday destination with Canadians is the fact that it lies about 4-1/2 hours by non-stop jet out of Toronto. Both Air Canada and BWIA International operate scheduled service between the island and Canada.

St. John's has little in the way of sightseeing attractions to entice the visitor but it does have some interesting shops. And there are some good bargains, particularly in Irish linens, British woollens, lace and silk. Film is quite expensive so buy yours before you leave Canada.

Antigua is so well-known to the travel industry that any travel agent should be able to give you a rundown in more detail on what to do on this island, along with the range of prices for accommodation. If not, contact the Antigua and Barbuda Department of Tourism's Canadian office at 60 St. Clair Avenue East (Suite 205), Toronto M4T 1N5, telephone (416) 961-3085.

When you do, ask them about their annual Carnival celebration which lasts for about 10 exciting days towards the end of July to the beginning of August. If you act soon you can still catch this year's festivities.

ANTIGUA



CARNIVAL WEEK July 27-Aug. 4 '87

Direct flights to 365 unspoiled beaches • 39 hotels and guest houses • 3 casinos • 3 golf courses • 15 top restaurants • average temperature 75° • tennis • snorkeling • sailing • historic sites • wind surfing • public markets • great people!

ANTIGUA DEPARTMENT OF TOURISM
60 St. Clair Avenue East, Suite 205,
Toronto, Ontario M4T 1N5 (416) 961-3085

**JUDWILL REALTY LTD.
297-1726**

**Are you confused?
Let us help.**

BUYING: I'll give you info on homes anywhere you choose.

SELLING: Confidential, professional analysis.

No cost or obligation to you.

MORTGAGING: Assistance in finding or renewing your mortgage to let you **SAVE**.

Thinking of moving ... We'll make it happen
4900 Sheppard Ave. East, Suite 206, Scarborough M1S 4A7
Call Judith Young today ... 297-1726



I'M A BRAMPTON BOOSTER
*Follow your dream
to Canada's Fastest
Growing City.*

**Thinking of Moving
to Brampton?**

**THINK Prior Bonas: 456-2552
846-6700**

SOLD
THE SIGN OF PERFORMANCE
ARTHUR F.
JOHNSON &
ASSOCIATES
LIMITED REALTOR
456-2552

Two very well known and respected people in Toronto's Black and Caribbean community celebrate, during July, 40 years of marriage to each other. Excellence is pleased to feature this salute to Ed and Kathy Searles from their children

Forty years ago, a handsome young couple exchanged their marriage vows and began life together in a partnership filled with love, respect and service to others.

Edsworth McAuley Searles and Sylvia Kathleen Searles, known to most as Ed and Kathy, and known to others as "mom and dad" are celebrating 40 years of marriage.

Edsworth returned to Canada (his place of birth) in 1944 from Barbados where he had grown up, met and fallen in love with Kathleen. Despite her desire to be an independent career woman, Kathy agreed to join her love of seven years, in this strange country, leaving behind her family, friends and loved ones.

Their early years together were filled with challenges. Their first daughter was born two months short of their first anniversary and their second daughter followed 17 months later. Edsworth held down two jobs while pursuing his dream of becoming a lawyer. He attended law school by day, sorted mail at the Post Office by night, and worked as a porter on the railroad, but he still found time for his family, church and his community. Kathy worked part time, cared for her family and worked alongside Ed in the community. They both were active members of the Afro Community Church and the British Methodist Episcopal Church, functioning as trustee, organist, caretaker, Sunday School teacher, Jack and Jill of all trades. At the same time they worked hard to help build the Black community through active involvement in the Universal

Negro Improvement Association (UNIA), the Home Service Association, the Toronto Negro Credit Union and the Negro Citizenship Committee. The NCC was instrumental in pressuring the Canadian government to open its borders to people from the Caribbean. Domestics were the first to gain entry. But they too had left their families behind and had no place to go during their limited free time. Ed and Kathy opened their home and welcomed these women to their family. On any given Thursday or Sunday, the domestics would gather to share their hopes, dreams and meals in the warmth of the Searles' home. Ed and Kathy became surrogate parents, who advised, comforted, encouraged and took the place of their families at weddings and other special occasions.

Following the birth of their third daughter, Ed travelled to British Columbia to continue his law studies. In 1957, he became the first Black lawyer to be called to the British Columbia Bar and later was appointed a Queen's Counsel in the Province of Ontario.

The Searles continued to open their home to people without

families. Their children were encouraged to invite friends, foreign students and new acquaintances to share their hospitality. Whether it was the Nigerian exchange student, the Trinidadian student who could no longer pay her rent, the boy scout troupe from the Bahamas or the junior soccer team from Barbados, all were welcome. They instilled in their children a sense of pride in their heritage and a sense of commitment to family and community. Seldom using baby sitters, they took their children with them everywhere.

Their concern for youth led them to initiate Education Days at their church, The Canadian Ebonite Association Youth Choir, the Drum, Bugle and Majorette Corps, which participated in Caribana and the first Black Debutante Ball. They sought no government funds for these programs, but paid for teachers and uniforms out of their own pockets. Their tutoring programs started in the basement of the Home Service Association and grew to encompass over 200 children per year in the Scarborough Board of Education schools. Many of those children have gone on to college and university and are now giving back to the community through their service.

Time and space alone limit the examples of sharing and caring that have been evident throughout their married lives. In all that they've given over the years to family, (many of whom they sponsored to Canada), friends and strangers, they sought no public recognition, because they gave from the

heart. Many will attest to the love and concern shown them by Ed and Kathy whose recompense have come not in fame, fortune or public accolades, but in private comments, letters and prayers. Their tireless commitment has been an inspiration to those whose lives they have touched. Through it all they still find time for daughters, son-in-law, grandchildren, relatives, friends and those in need.

They also find time for their hobbies - Ed, his music and Kathy, her plants. But most of all, they make time for each other. This twosome who dislike being apart, still hold hands, sneak kisses, cast loving glances to each other, share private jokes across crowded rooms; they are still very much in love.

We, their children, feel truly privileged to have been blessed with such wonderful parents. Seldom does one have an opportunity to publicly pay tribute to one's parents and surprise them at the same time. Our sincere thanks to the Publisher, Editor and staff of *Excellence* magazine for making this wish come true.

Our parents have come this far by faith and love. We wish them 40 more years together in love, health and happiness. ✓

A Family Affair



Come On People
Let's welcome the newest,
hottest Remax office in Brampton

REMAX
apex realty inc.
realtor
2 county court blvd,
brampton

Call Us Today
456-1177

share

Now one BIG paper every week

Available Wednesdays
at more than 900 locations
throughout Metro Toronto

Canada's Largest Ethnic Newspaper

RELATIONSHIPS

Strong Values

The influence of parents



By Maureen Roach-Brown

when the subject came up about the problems some of our students are having in Canadian schools. I kept wondering why. Why didn't our parents hesitate to use the parent-child relationship to hammer in ideas that would inspire us to excellence? Why did even those parents who were not highly educated somehow manage to make their presence and support for academic excellence strongly felt? Yet we, who have benefited so much from our parents' ambition and drive, so often allow our children to drift valueless into failure here in North America. Have we strayed so far from our roots of Black pride and ambition that we have come to see that "back home" or "down home" stuff as just old-fashioned nonsense? Why do we so proudly recall some grandparent who helped us set sights on distant, but attainable goals, yet we leave it to chance and the school system to inspire

Recently I had the privilege of interviewing some of the most successful Jamaicans in Canada for a book being written about them. Perhaps because I like chronology (or maybe because I am an armchair psychologist), I found myself asking in almost all instances, what direct influence their parents had in helping to create the people they have become.

Their replies may not have surprised a psychologist. Actually, they did not surprise me either. But as the mother of a two-and-a-half year old and having spent nearly half of my life in Canada, my faith in the values instilled in me as a child was thoroughly reaffirmed, as was my resolve to pass similar values on to my child.

In nearly all instances, the achievers gave very definite credit to values taught by parents, whether, as in the case of a multi-millionaire, that the world is a mountain with the majority of people around the base and the peak virtually unexplored, or in the case of a middle-class civil servant who deliberately placed his son in a high school in a poor, working class area. His son grew up to be a renowned scholar with particular sensitivity to working class concerns.

But even as I was inspired by the results of such parental involvement in the future of their children, I was just as saddened

continued on page 42

ATTITUDES

Shades of Prejudice

It's time to bury the lighter-is-better syndrome

have felt annoyed, but chances are the abuse would have been held in check.

The preoccupation of some Black people with shades of skin and textures of hair never ceases to amaze me. I know that it stems from the days of slavery in the Caribbean and the United States, when the more Caucasian one appeared, the greater the opportunities one had in life. I know that many people made tremendous efforts to "lighten" the family so as to tap into those opportunities. And I also know that this attitude held over into the post-slavery, self-government, and pre-independence eras. What escapes me—and perhaps I am naive—is why such an attitude persists today.

I honestly do not understand the persistence of this "fair skin - 'good' hair" syndrome. And it persists in such a pernicious and contradictory manner.

I've seen dark-skinned people denounce a fairer-skinned person who is perhaps in a position of power or authority. An example is the bank-teller who refuses to cash a cheque because the customer has no proper identification. The teller is then subjected to a barrage of abuse because "she tink seh she White." If the teller had in fact been White, the customer would

there is a resentment that that person should a) be in a position of power over me, and b) have the temerity to tell me how to behave. So long as the transaction between the two parties is problem-free, the resentment remains hidden. But let the person in authority exercise that authority, and watch the sparks fly.

**We are so
hung up on
outward
appearances,
we make snap
judgements**



By Valerie Wint-Bauer

Now I don't pretend to be a psychiatrist, but there seem to be two forces at work here. First there is reluctant respect for the power of the White race. When faced with this symbol of former absolute authority, particularly in this White-dominated society, the reaction is to give in to that power and authority. On the other hand, when the person in authority is a "person of colour,"

and I love them dearly for who they are, not for what they look like.

And this is the crux of the matter. We are so hung up on outward appearances that we make snap judgements about people based on physical qualities which have nothing to do with the person's character.

Without doubt there are light-skinned, straighter-haired Blacks who feel superior because of their complexion. There are also many darker-skinned Blacks who feel themselves superior, for whatever reason, and act in just as "stoosh" and snobbish a manner. The point is people ought not be judged by their external attributes. The fact that Mary Brown's skin is lighter than mine doesn't make her a better person than I. And the fact that John Doe's skin is darker than mine does not make me better than him. What makes one person better than another comes from within each person.

It is high time we left behind this heavy baggage from the days of slavery and colonization. It is no longer appropriate to the latter half of the 1980s. It is counter-productive and can only hold back good relations among ourselves and with the wider Canadian society.

Artist,

Pamela Appelt is as multi-layered

Altruist,

as her popular decoupage artwork

Mother,

BY MAUREEN ROACH-BROWN

Mate

The bird stands poised, as if caught in a moment of indecision as to whether it should fly, or remain on its intricately gnarled perch. From a distance the artwork looks like a painting. Close up, it resembles a colourful three dimensional coral carving. The unseen truth, however, is that this magnificent example of decoupage art is the product of minute chips of plain 'acid-free' paper, painstakingly coloured and sealant-glued together, using scissors, forceps and a surgeon's scalpel. The result is breathtaking.

Like the artwork for which she has become internationally recognized, Pamela Appelt strikes one as the intriguing product of diverse, yet interwoven elements that seem at once contradictory, yet complementary. An accomplished cook, artist and political worker, as well as a devoted wife and mother, Appelt's interests individually could almost comprise a separate personality each. Together, they present the picture of a warm, sensitive woman, dedicated enough to her family to build her life around theirs, yet independent enough to involve herself in activities that sometimes take her away from home for days at a time; public enough to be part of the national body that advises the federal minister of state on issues of multiculturalism, yet private enough to maintain a lifestyle that includes unabashedly pampering her two-year-old miniature German Schnauzer poodle and carefully making sure that husband David and her two children always have healthy snacks between meals.

The result is like the effect of one of her decoupage pieces. One looks, tries to figure out and categorize its components, then finally gives up in puzzlement.

Take for example Appelt's involvement as a member of the executive committee of the Canadian Multicultural Council as well as with WIN (Women in Nomination), a group created by the provincial Progressive Conservative party to raise funds to help women get nominated in the party. Aside from some minimal involvement in the PC party as a fundraiser, Appelt was not one of the names one would immediately have associated with multicultural or women's issues, prior to

continued

PHOTOGRAPH BY JOHN WILD



her appointment to CMC in 1985 and WIN in 1986.

Yet, she is clearly held in high regard by those she works with for her contribution to those bodies. According to Libby Burnham, who chairs the WIN board, although Appelt is not seen as "the Black representative" on the board, "she speaks of and raises questions about Black women in politics in a very effective manner. She expresses herself very well and she is listened to with a lot of respect because she commands respect."

Toronto businessman Jim Ginou, who is also a member of the CMC advisory group, sees Appelt as a "very well-spoken, warm, tender person, who has a lot of empathy to new Canadians." He feels "she brings more enthusiasm to the table than most other people." But he sometimes wonders about her artistic side. The logical, businesslike organizer he sees is a far cry from the stereotype of the introspective artist. But then so is Appelt's high school and college major in biochemistry and microbiology and her career up to 1978 as a medical researcher in Montreal.

Actually, although not readily apparent, warmth, empathy, logic and organization are as crucial to Appelt's success, as is her ease with the instruments she uses. Her transition from science to art was not a difficult one. She first saw decoupage demonstrated by an artist from Texas in 1972 in Montreal. Fascinated by the art-form, she investigated where she could learn it and that same year enrolled at the Montreal Visual Arts Centre for a six-month course.

One year later, encouraged by husband David and friends, Appelt was selling her pieces, rather than just making them for fun and as gifts. She remembers, for example, the wife of Canadian artist Sam Borenstein telling her she was "gifted" and encouraging her to pursue decoupage.

In 1979, David Appelt, then a tax consultant with the federal government, was transferred to Toronto. "In Montreal people always told me if I ever moved to Toronto, Oakville was the only place to live," Pamela Appelt recalls, as she relaxes in her comfortable Lakeshore Boulevard



*The Kenyan Mother and Child
(30" x 24")*

home. Once she arrived in Toronto, she was offered a "very tempting" job at Sunnybrook Hospital. By then, however, the family had found a home in Oakville.

Appelt hosted a luncheon, to which she invited 20 of "the ladies of Oakville," who came to see her work. "Margot Fischer, Director of the Oakville Art gallery, was so struck by the pieces, she promised me she would do all within her power to help me," Appelt says. "She took six pieces around to different galleries, because her gallery was booked two years in advance."

Recognition of Appelt's talent was swift. In 1981 she was asked by Eaton's to create a replica of Eaton's first store in Canada. The piece was displayed in Eaton's Seven Seasons gift shop, along with other samples of her work, which were all bought and retailed by Eaton's. Appelt will never forget the day the Seven Seasons

manager asked her to bring her work in. "I am not normally a nervous person. But this one day I was nervous. I mean this was an impressive woman. She took my work and she just kept looking at it. There was no expression on her face. Not a word. Then she opened her mouth. 'Marvelous,' she said. 'I have not seen work like this outside of Europe.' She offered to help me promote my work."

Later that year, Appelt was invited to display her work in the gallery of New York's Bedford Stuyvesant Restoration Centre, an institution established by Robert Kennedy to display works of art. That same year she was also asked to display at the American Museum of Natural History, as the first non-American to do so, she says.

"By 1981 I was feeling pretty good about myself. I felt I should pursue my

work more seriously. By then I was getting many commissions. Demonstrating in the American Museum was a high point for me," Appelt says. "But the cream on my pie was when I was invited by my own (Jamaican) government to exhibit at the Mutual Life Gallery in Kingston. I thought, here I am no big artist, yet I am being recognized by my own people."

In the last six years, Appelt has gone from demonstrating in local settings such as the Burlington Cultural Centre and the Jamaican Consulate General's office in Toronto, to displaying and selling in places like Montreal, Ottawa, Chicago and Florida. If her path to success as an artist seems easy, she says it was. "Many artists have had to struggle. But for me, one year I was an unknown and the next year I was receiving all kinds of commissions and invitations to exhibitions."

Her success may have had something to do with the illustrious friends and acquaintances she developed over the years, people, she says, who appreciated her work and promoted her in different ways. She is a member of the Oakville Arts Council, the Oakville Arts Society, the Ontario Guild of Decoupeurs and the American National Guild of Decoupeurs. In addition to her involvement with WIN and CMC, Appelt is also chairperson of the Harry Jerome Awards dinner. She is a board member of the New Day Cultural Foundation, created, in the words of founder Susan Ekrami, "to bring all Canadians together to explore and learn about each other's roots through the arts and light academic studies, celebrating our similarities and understanding our differences." The group which boasts "people of letters" such as former University of Toronto Chancellor George Ignatieff, aims to create and crystallize a unified expression of Canadian culture.

But even those who have not seen Appelt's work personally, such as Ekrami, are fulsome in their praise of her personality. Ekrami describes her as a

"wonderful, wonderful woman, absolutely dedicated to what we are doing." In the words of retired Jamaican Consul General Oswald Murray, who hosted one of Appelt's early exhibitions at the Toronto Consulate, "Pam is larger than her paintings. Even in those days one could sense not only her talent, but also the fact that she had a lot more to offer the world than her painting."

How does Appelt handle these accolades? Her light, soft laughter rings out over the delicious lunch of shrimp salad, fish soup and bagels she is preparing for a visitor. (Appelt's impressive culinary skills are quite well known, she's *Excellence's* Food Editor.) She also runs a successful catering company from her home, pursuing her belief in artistically prepared food, adding new twists to the familiar and always experimenting with new ideas.

She agrees that she has put much time and effort in her work. After all, most people who practise decoupage do it as a hobby and often in a standard form. She has developed a "Black Images" line, as well as adding to decoupage (which means

Appelt credits

her close

relationship with

her maternal

grandmother for

her appreciation

of art

cutting out), relief sculpting and collage. She has also added to her favourite subjects, flowers, more complex portraits like human forms and even Dickensian street scenes. But Appelt feels that the sheer beauty of the artform itself is a selling feature. Uncommon in the 20th century, decoupage was a popular pastime of 17th century European nobility, who cut and pasted the tiny pieces of felt, shells and other material to produce stunning images on handkerchiefs, baskets and furniture. Marie Antoinette, Lord Byron and Charles Dickens have been associated with decoupage. Even more ancient civilizations like the Chinese and Japanese were said to have practised it.

Appelt credits her close relationship with her maternal grandmother for her appreciation of art, even as she pursued scientific studies. Born in 1943 of Seventh Day Adventist parents, she joined her parents in England in the early 1960s, after living with her grandmother for several years. "I learned to appreciate life, beauty and people, from the way she lived to help people," Appelt muses. After earning her diploma in microbiology, she took a year off to travel, landing in Montreal in 1968 and remaining in Canada, enticed by the prospect of earning \$120 a week as a medical researcher.

"I have no grandiose plans for the future," Appelt says reflectively. Aside from "taking life one day at a time," she does plan to continue her involvement with women's issues through groups like the multicultural council. Whatever she does, however, will hinge on her family's interests. Daughter Melanie is 13 years old and son Michael is six. (Her friend and fellow artist Ellen Todd says that she is an "absolutely magnificent mother and wife.")

"I am my own person within myself...but being a parent and wife is very important to me." She would not hesitate to cancel an engagement that was detrimental to the well-being of her family. Those acquainted with her, lauding her versatility, visualize her in the future pursuing either her current interests in concert, or, in the words of Oswald Murray, "starting something entirely new." ✓

Mothers and Daughters A Portrait

It's an unspoken closeness, a feeling of oneness between mothers and daughters. We thought we would examine for a moment the surface of this emotion.

Here we meet and talk with two families. The Charleys and the Salmons. We talk about their individual style, their personal statements in fashion and we hear their thoughts on the special relationship between mothers and daughters.



The Charleys

PATRICIA CHARLEY

Patricia Charley is a successful Toronto businesswoman. She has been married for over 35 years, and is the mother of four children (two of whom are featured here) and grandmother of four.

Patricia and husband Herman left a thriving department store business in Jamaica to their eldest child Christopher and arrived in Canada with their three daughters seven years ago. This close-knit, hard working Christian family owns a successful ladies' wear boutique in the Don Mills Centre in Toronto. Charley's offers clothes and accessories from casual to formal, for any occasion, in a full range of sizes. The atmosphere is relaxed and friendly with knowledgeable sales staff on hand to assist you with your wardrobe needs.

As co-owner of Charley's, Patricia's time is

spent on buying trips each season, and working in the boutique on the sales floor in customer service.

Personal Fashion Style

"Working in the fashion industry and dealing directly with the public means presenting a polished professional image. I prefer a tailored classic look, leaning more towards a conservative fashion statement. Suits and two-piece separates are favourites. Jewellery and accessories must accent the outfit, not overpower it."

Personal Beauty Style

"I keep my hair short. I try to trim the ends every six weeks or so to keep it looking healthy and keep its shape. At this length it's easy to manage."

"I use as little make-up as possible — just enough to give my complexion a lift — a little blush, mascara and lipstick."

Patricia on her Daughters

"My girls have definitely influenced my fashion sense. They help me to keep my look updated and young."

"I thank the Lord every day for all my children. Each one is very special — I don't know what I would do without them."

ELIZABETH

Elizabeth, the youngest of the children, has just celebrated her first wedding anniversary. At 23, she is employed by a major Canadian airline as a reservations agent.

Elizabeth and her husband Patrick live just outside Toronto with their two dogs, a cat and a bird. She enjoys travel and the outdoors, but confesses her time is limited when it comes to fashion and her beauty routine.

Personal Fashion Style

"I like to wear clothes that look sharp but feel comfortable — pieces that are versatile, easy to wear and fashionable."

"I prefer the professional look in my main wardrobe pieces. I feel best in this especially for work. White in the summer and winter whites and neutrals in the winter are my favourite wardrobe colours."

Personal Beauty Style

"I keep my hair long and natural. At this length I can wear it in many different styles. For work it's usually pulled back and kept off my face."

"I enjoy wearing make-up (when I can find the time to put it on). Again, a sophisticated look in eyes, and lips accentuated."

Elizabeth on Mom

"I thank the Lord for the mother he has

blessed me with. Mom's great. She's been such a wonderful role model. When I look to the future, I can only hope that I can offer my children the same things that she offered us when we were growing up."

YVETTE

Yvette, at 28, wife and mother of two children, 18-month-old Tiffani and 6-week-old Joshua, is co-owner of Charley's boutique.

Yvette has her hands full. "I would love to have some time to myself." A night out once in a while with husband Randy would be great, but with her busy schedule this is difficult."

Personal Fashion Style

"At home with the kids I wear comfortable casual clothing — a good fabric is cotton — for easy care. Cotton dresses, sweats, t-shirts and casual pants."

"At work in the store or on buying trips I prefer a professional look — shirts with style and flair. I use wonderful jewellery and accessories to update everything in my wardrobe. In colours I tend toward strong tones — black, white and brights."

Personal Beauty Style

"In both my hair and make-up I prefer the natural look. My hair is naturally curly, and for business I pull it off my face with clips. A regular trim keeps it looking healthy. I wear a touch of make-up — maybe powder, mascara and a little lip gloss for business. At home — *au naturel*.

Yvette on Mom

"Mom is not the average mother. She is above average in every way. I would like to think of her as more of a friend. I thank God for my family, for who I am and who I am going to be."



Written and
Produced by:
Donna Holgate

Photography:
Giorgio Nigro

Creative
Direction
Rafael Cabrera

Hair and
Make-Up:
Lorna Wilson

Patricia Charley: Mr. Leonard linen 2-piece suit
Elizabeth: Mr. Leonard 100% wool jacket and pants
Yvette: Glencheck suit by Mr. Leonard in 100% wool

Clothes & Accessories available
at Charley's, Don Mills Centre

*I did not know what you look like only what you felt like
You were my mother*

Merrit Malloy



The Salmons

BEV SALMON

Councillor Bev Salmon has been married to Dr. Douglas Salmon for 30 years. She is the mother of four, and a hard working politician. Bev was elected Councillor for North York's Ward 8 in 1985 to a three-year term of office. She is a former Commissioner of the Ontario Human Rights Commission, and a member of many boards, both in the political and community arenas.

Bev was born and raised in Toronto, where, she says, hers was the only Black family in her community. Her father was Jamaican, her mother of Scottish and Irish descent. "I grew up with a sense of pride in my Black heritage," says Bev.

A graduate of U of T (Public Health Nursing), it was her concern about issues involving her children's schools, community activities and an interest in Black heritage and human rights that led her into a career in politics.

Personal Fashion Style

"My choice of clothes has to see me through meetings in the day and into the evening. Versatility is very important. Suits

and coat dresses, clothes that look both professional and feminine with style and comfort." Favourite colours are blues and fuchsias.

"My choices in fabrics are wools, jerseys and silk twill. For formal evening wear, velvet and chiffons in basic reds, black and grey and white. For day, my jewellery is kept simple: earrings, necklaces and pins. For social occasions, I wear larger, more dramatic pieces."

Personal Beauty Style

"I have opted for a short, natural hairstyle. It is easy for me to manage at this length. A regular visit to the salon for a trim helps to maintain the shape."

"My daytime make-up is kept to a minimum: lipstick and blush. In the evening, I can be more adventurous: a heavier base, mascara and shadows for my eyes."

Bev on Daughters

"My daughters and I have a fun relationship. I admire their individuality. Each has a strong sense of self and a strong personal style. I feel that they are bound for success in whatever careers they pursue."

LESLIE

At 21, Leslie is the youngest of the Salmon children. She is currently at the University of Toronto in an English literature program and hopes to pursue a career in radio or television broadcast journalism.

When Leslie is not studying, she finds time to work with new immigrants as a volunteer, assisting them in adjusting to their new country. She also has a great interest in dance, and has trained in ballet and jazz for many years. Travel also tops Leslie's agenda — she has visited Spain and Morocco and is determined to see the rest of the world.

Personal Fashion Style

"I strongly believe in dressing for myself and not for anyone else. Personal comfort and self confidence come from the main source, *you*. Therefore, I sometimes find it difficult to be trendy. I'd rather wear the clothes instead of having the clothes wear me."

"In colours, I like basic black and white; in fabrics, cottons and wools."

Mothers are the architects of human beings ... be careful

Merrit Malloy



Mrs. Salmon: separates by Marina Spadafora

Leslie: Dress by Marina Spadafora, bolero by Pink Flamingo

Heather: 2-piece dress by Isais

All clothes and accessories available at Sublime, Yorkville

How does she stay on track with her hectic and demanding schedule? "The quality of my home and daily surroundings is of considerable importance. I seek to establish an atmosphere of comfort and convenience at all times. I consciously seek out a rich and stimulating environment conducive to my studies — usually large open areas in the library with warm people."

Like Leslie, Heather has also trained in ballet and jazz since childhood and feels very close to the arts.

Both Heather and Leslie have been involved in fashion through co-ordinating shows at their high schools, and through events in the community.

This summer Heather is off to Spain for work (modelling) and play and will be back to the books in September.

Personal Fashion Style

"I wear comfortable and fashionable separates, usually black, taupe or beige. In the winter I wear huge sweaters with jodhpurs and riding boots. In the summer, whites in skirts, pants, shorts and t-shirts, blouses and sweaters. For evening black or

white are my preferred colours. I think fashion is a personal statement representing one's mood, attitude and way of life, not necessarily one's pocketbook. I am very careful when I shop to purchase clothing that I know I will wear for a few seasons due to my limited budget." Preferred fabrics are wool, cottons and linens.

Personal Beauty Style

"Healthy skin is most important. I moisturize every day to protect my skin. I give myself a facial (mask) once every two weeks. My make-up is kept to a minimum: eyeliner and mascara."

"For a change I decided to cut my hair last season. I have it trimmed every six to eight weeks to keep it healthy and easy to maintain."

Heather on Mom

"My mother is someone I've always admired and emulated. She is a Renaissance woman. She has achieved success without sacrificing her principles and family life. Because of my parents, I have a solid foundation from which to build."



PHOTOGRAPH BY ARNOLD A. AUGUSTE

RECIPES

Garden of Eatin'

These quick vegetable dishes let you spend more time outdoors

One of my fascinations with summer in Canada is the opportunity it gives me to indulge in my passion for gardening. Many readers from the Caribbean may have been members of the 4H Club. That's where I received my earliest exposure to gardening. It was always a delight to watch things grow, but a bigger thrill to reap the crops. I suppose that's why gardening has always meant foodstuffs to me, rather than cultivating flowers or decorative plants.

My "gardening" in Canada began on an apartment balcony in Montreal. I received some curious stares from passersby, and visiting friends found it a fine conversation piece. My balcony garden consisted of three tomato plants in flower pots, red and green peppers in window boxes with a cabbage and various herbs. Needless to say, the first stuffed peppers and tomatoes from that "garden" were among the finest I ever enjoyed.

STUFFED TOMATOES**Ingredients**

- 4 tomatoes, large
- 1 tbsp. breadcrumbs
- 1 tbsp. chicken, cooked and finely chopped
- 1/2 oz. butter
- 1 onion, small, minced
- salt and pepper to taste

Method

Cut a slice from the stem end of the tomatoes. Scoop out the seeds and pulp. Chop the pulp and mix in the breadcrumbs and chicken. Season to

After 15 years, I've graduated to a small vegetable plot at the side of the house, with the produce tasting better each year. A nearby fruit and vegetable market makes it easy to select the freshest for serving meals to family and the frequent summer backyard visitors who drop in.

As our brief Canadian summer speeds by so quickly, it is necessary to squeeze out all the enjoyment possible. Instead of preparing many different dishes, blended fruit drinks such as raspberry, strawberry, or banana shakes can be whipped up quickly. Together with one-step dishes prepared in the oven or on the barbecue in 1/2 hour, they provide a satisfying and nourishing meal while more time can be spent enjoying the warm sunshine.

These recipes I'm about to share with you are also quite excellent in autumn when we can enjoy an abundance of local vegetables.

taste. Add onion.

Sprinkle a little salt into the tomato shells and pack them with the stuffing. Top each with a little butter and arrange in a greased pan. Bake in a hot oven for approximately 20 minutes at 400° F.

STUFFED CHO-CHO WITH SEAFOOD AND VEAL

Cho-Cho is also called christophene and chayote. It is a tropical squash which originated in Mexico but is now grown widely in tropical regions

around the world.

The skin is prickly and there is a single edible seed within. The taste of cho-cho is similar to that of summer squash, but its texture is finer and quite crisp. It is an excellent source of potassium.

Locally, cho-cho can be found occasionally in major supermarkets, frequently in neighbourhood fruit and vegetable markets, and almost always in stores dedicated to Caribbean produce and foods. Outside of Caribbean shops, it is most often referred to as "chayote".

Ingredients

- 3 cho-chos, large (also known as christophene or chayote)
- 1 tbsp. vegetable oil
- 1 onion, finely chopped
- 2 cloves garlic, crushed
- 1/2 lb. ground veal, lean
- 1/2 lb. fish fillets, boneless and in small pieces
- 1/2 lb. shrimp, cleaned, deveined, and cut in small pieces (tinned salad shrimp will do nicely.)
- 1 tbsp. curry powder
- 1/4 tsp. hot red pepper, fresh, seeded and chopped
- 3 tomatoes, peeled and chopped
- 6 tbsp. parmesan cheese, grated
- 6 tbsp. breadcrumbs
- 3 tbsp. butter
- salt and pepper

Method

Boil the whole cho-chos in salted water until tender (about 25 minutes). Remove, and when cool enough to handle cut into halves length wise. Scoop out the pulp, including the edible seeds. Mash the pulp and set aside. Reserve the empty "shells."

Heat the oil in a frying pan and saute the onion, garlic and veal for 15 minutes. Drain off excess oil, add fish fillets and shrimps, curry powder and hot pepper, and cook for 5 minutes.

Add the tomatoes and cho-cho pulp. Cook while stirring for 5 minutes or until the ingredients are well blended.

Season with salt and pepper, and pack into cho-cho shells. Sprinkle with cheese and breadcrumbs; dot with butter, and bake for 15 minutes at 350° F or until the topping is light brown.

STUFFED GREEN PEPPERS
Ingredients

- 6 green peppers, large
- 1 tbsp. butter
- 1 onion, medium-sized, chopped
- 1 clove garlic, crushed
- 3/4 lb. ground beef
- 1 cup tomatoes, canned
- 1 cup cooked rice
- 1 tsp. hot pepper sauce
- 1 dash thyme
- 1/3 cup fine, dry breadcrumbs
- salt, to taste

Method

Cut the tops off the green peppers and remove the seeds and the tough white membrane inside them. Cover with boiling water, cook for 5 minutes and drain. Sprinkle with salt and cool before filling.

Saute with butter in a fry pan or skillet, the chopped onion, garlic, thyme and ground beef. Pour off any melted butter or fat from the meat.

Add the canned tomatoes and rice. Season with salt and hot pepper sauce.

Fill the peppers with this mixture and top with breadcrumbs.

Bake in a moderate oven (350° F) for 15 minutes. Then increase the temperature to 400° F and continue baking until the tops are brown (about 10 minutes).

STUFFED EGGPLANT**Ingredients**

- 3 eggplants
- 1 tsp. salt
- 1/2 tsp. pepper
- 1/4 tsp. thyme
- 2 onions, chopped
- 1 tbsp. cheese, grated
- 2 tbsp. breadcrumbs
- pinch of garlic powder

Method

Cut the eggplants in half, lengthwise. Cook in salted water until tender. Scoop out the flesh into a bowl, leaving the skin for filling.

Crush the eggplant flesh and mix in all the remaining ingredients, except the cheese and breadcrumbs. Spoon this mixture into the skin shells. Sprinkle with breadcrumbs and grated cheese.

Bake in a moderate oven (325° F) for 10 minutes. Serve hot.

SIX ON STAGE

More and more Black entertainers are making it in Canada. Here are six female performers who've been a success both on stage and off

BY LEILA HEATH

Blacks are drawn to the performing arts like bees to honey. But the harsh reality is: many don't make it. For some it's lack of talent. For far too many, it's having the wrong skin colour. For others, it's simply not doing their homework and not really understanding the business side of the entertainment industry.

In the United States, the contribution of Afro-American performers and entertainers has been immeasurable. There, Blacks have had to fight tooth and nail to integrate the lily white silver screen, the theatre stage, television, the airwaves and concert halls. In this country, a Black cultural presence has rarely been acknowledged, with the exception of world-renowned pianist Oscar Peterson.

Black immigrant culture has been ridiculed and largely misunderstood in Canada. Increasingly however, more and more Black Canadian entertainers are

charting courses for themselves in the competitive world of dance, theatre, film, music and television.

We feature here a profile on six of this country's leading Black female performers and entertainers. Their successes are inspiring. They should certainly pave the way for others.

ARLENE DUNCAN
TONYA WILLIAMS
LYDIA TYSON
SALOME BEY
AUDREY ROSE
MICHELE TURENNE

charting courses for themselves in the competitive world of dance, theatre, film, music and television.

We feature here a profile on six of this country's leading Black female performers and entertainers. Their successes are inspiring. They should certainly pave the way for others.

ARLENE DUNCAN

Singer/actress and songwriter, Toronto



She won't divulge the most unkindly of indiscretions—her age. Arlene Duncan will only say: "I'm not yet 30." No more. No less. As we speak on the telephone, one thing is clear, the singer/actress is fighting off a very bad cold.

These days Duncan is home during the daytime where she is mother to her two-year-old son Matthew and wife to her musician husband George Koller. While she talks on the phone, father and son can be heard playing together in the background. At night, Duncan is one of the stars in the musical "Mister Jelly Roll" --- George Luscombe-Larry Cox's latest play which opened at the Toronto Workshop Production in May.

The play's all-Black cast includes

Cecile Frenette, Jackie Richardson and Denis Simpson in the role of the legendary New Orleans jazz pianist. Duncan plays Jelly Roll's wife along with a few other characters. "Denis is my son's godfather. We've worked a lot together over the years," she says.

Duncan tells me about how motherhood has helped her redefine her priorities. "Things that would once have been really important to me, just aren't anymore. For instance," she points out, "If I auditioned for and didn't get a role I really wanted I would be devastated." That was then. Duncan clearly wants to show that now things are considerably different in her life. Marriage, giving birth and buying a new home last winter all seem to

have put things into perspective for Arlene Duncan.

Capapulted into the spotlight when she was selected as a winner in the du Maurier Search For Stars performing arts competition, Duncan hasn't looked back. In the 1970s the young performer took home the title as Best Female Vocalist at this city's Black Music Association of Canada Awards ceremonies. Her winning singles were: "I Wanna Groove," a 12-inch disco number and a ballad entitled: "Only Time."

Duncan says she would like to pursue her singing career now that Matthew is two. While she was pregnant, her desire to both write and record her own material had to be temporarily placed on the back burner.

The actress/singer is already rehearsing her next stage role in yet another popular musical, "Sophisticated Ladies." Her stage credits include: "A Raisin In The Sun," "A ... My Name Is Alice" and her one woman production aptly entitled: "Arlene Duncan in concert" at the now defunct Basin Street Theatre. Duncan says her versatility as a performer has been both a blessing and a curse. But she does admit that, "When there are no parts for actors, I can be singing."

At less than 30, Arlene Duncan has an enviable career. She'd like to see more parts for Black performers being written, specifically dramatic roles. And she'd like to see more producers 'blindcasting' --- that is, choosing actors based on their ability to play a role, *not* on the colour of their skins.

felt I had stretched myself as far as I could go here and Los Angeles had always been in the back of my mind."

The actress has certainly stretched herself. Since winning The Miss Black Ontario Pageant in 1977, Williams has seized every opportunity to showcase her many talents as a performer. Modelling assignments were followed by television jingles. Her other credits include theatre, feature films, and television. But it's probably in television that Tonya Williams has had her best breaks as an actress.

Starting with the popular kids show "Polka Dot Door," where she was a regular co-host, Williams soon caught the attention of "Check it Out" T.V. sit-com producers. For Williams, playing Jennifer, the bubbly cashier in a comedy series, has meant several seasons of steady employ-
continued

TONYA WILLIAMS

Actress/performer, Los Angeles and Toronto



Move over Michael J. Fox 'cause Toronto's Tonya Williams has a Los Angeles address. The 30-year-old actress who moved to L.A. last October was in town over the Easter holidays to spend a few quiet moments with her model/actor husband

Robert Simpson.

Williams spoke with *Excellence* from the couple's home in Toronto's chic Cabbagetown district. "I decided to move to L.A.," she explains, "because I wanted more opportunities in the acting field. I

ment. But as the actress puts it: "After a while there, it was time to move on."

This urge to move on has taken Tonya Williams to a North Hollywood apartment in California. That's about as close as a Canadian actress can get to "Tinsel Town glitter."

"Over the past three years, there has been a rush of Canadian actors and performers applying for work visas," she says. Williams was no exception. Shortly after her agency Noble Talent Management Incorporated opened an affiliate in New York back in 1983, she applied for and later received an A-1 work visa.

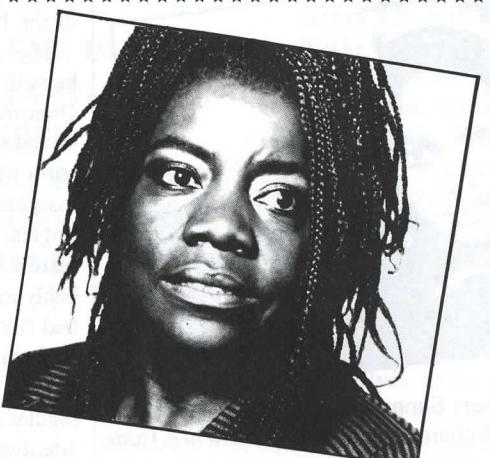
Williams has been in L.A. less than a year now and the ever-optimistic actress only has good things to report. And no wonder. She joined The Artistes Agency, whose roster of celebrity talents includes The Bill Cosby Show's co-star Felicia Rashad. That seems to have been a wise decision because more than a few enviable roles have come her way since. These include two episodes in "Gimme A Break," as well as parts in "Falcon Crest" and "Hill Street Blues."

The actress absolutely loves her new home and second address. "I felt at home as soon as I arrived here," she told me. "The people I'm meeting all seem to have a positive attitude about their life and the business."

Moving to L.A. was a well-thought-out decision for Tonya Williams. She's got her husband Robert's full support. Her mom is her biggest fan and as long as she has a steady stream of auditions to attend, the actress believes her next big break could be just around the corner.

SALOME BEY

Singer/performer, playwright, composer and director, Toronto



"Typecasting" is a dirty word in the performing arts business. And nobody understands this better than singer/per-

LYDIA TYSON

Classical vocalist, Toronto



When Lydia Tyson isn't nursing patients at North Western Hospital—she is rehearsing arias or performing at church recitals.

The classical vocalist and soprano gave her debut concert at Roy Thomson Hall in May. In a television interview just prior to that engagement Tyson admitted to a reporter that she had second thoughts about performing in Toronto's premiere concert venue. "I was excited that I was going to get to do this," she said. "But then later on I went to a concert and as I sat there, the hall seemed to have grown larger than it was. And, I thought what am I doing—there are much more seats than I had expected."

Tyson has since conquered her fears. The singer's Roy Thomson Hall engage-

ment was confirmed in April of 1986, giving her just over a year to finetune every aspect of the performance. The evening's program included arias by Handel, Canadian folksongs and a suite of four Negro spirituals which were specially commissioned for her by composer Walter Baiak.

A native of Trinidad, Tyson's musical training began at age four at the piano where she learned her first notes from her mother Adina, a piano teacher. Next, came the singing lessons. Her formal musical training continued in Canada at the University of Toronto and in the United States at Boston University. Tyson's drive to perfect her music also took her to Berlin and Paris, where she studied singing and music composition.

Prior to her Roy Thomson Hall debut, the singer enjoyed frequent requests to perform at local churches. "It's very important to me singing in churches. I've always sang there. I'm a strong church goer and I do have a love for religious music. It seems to be my forte."

Like most operatic singers Tyson has an exceptional vocal command of more than half a dozen languages including Russian, Swedish and German. Of the latter she says: "At the outset, I found it difficult learning to speak and sing in German." Still, she loves the art songs of composers like Schubert and Brahms.

Until her Roy Thomson Hall engagement, the concert vocalist had restricted her performances to church recitals. With her debut performance in Toronto's premiere concert hall behind her, one can only hope classical music agents are making Lydia Tyson offers she can't refuse.

like writing plays, composing songs and directing stage productions.

Bey admits having struggled with a bit of an image problem since her early days as a performer in New York. It seems her physique and her natural warmth of character have often been misinterpreted. The price has been far too many roles as "the serene, earth-mother type."

But for sometime now Salome Bey has been working quietly yet steadily chipping away at the typecast image many would have of her. In this regard, she has authored several musical cabarets including the Dora Mava Moore winner "Indigo," "Madame Gertrude" and "Shimmytime." "I'm a firm believer in

not harping on the negatives," she says when asked about the lack of opportunities for Black performers. "As artists," she continued, "we must stretch ourselves, broaden our scope. There is no reason why a singer can't act and vice versa," she says matter-of-factly.

Salome Bey can afford to say this with conviction because she's done it. Taking her own advice, Bey has thrown caution to the wind. In the process, she has learned to not let criticism discourage her.

In 1985, Bey's "Madame Gertrude" received rave reviews. But another play of hers, "Sweet Mama" was blasted by the critics. They were unanimous. The play

was too heavily scripted. Undeterred, Bey rewrote her play, gave it a new title and brought it back into the theatre. That production entitled "Shimmytime" went on to earn her a Dora Mava Moore nomination and if a deal can be ironed out, the play could soon be touring the United States.

There is no doubt about it, Salome Bey the singer/performer has always been recognized. She won an Obie for her role in "Love Me, Love My Children." Not to mention being a favourite blues vocalist in the local club circuit. But increasingly, Salome Bey the playwright and composer is getting equal billing. "When the

critics complimented my directorial abilities in "Madame Gertrude" I was very pleased. The reviewers were now saying 'Salome is a writer, a director.' That's what I had wanted."

"Really," she exclaims, "I feel sorry for performers who, if they can't sing, they die. They need to stretch themselves. Take risks. Be adventurous." Currently, Salome Bey is completing her first dramatic stage play, strategically keeping herself in demand with carefully planned club dates and mulling over the idea of running a small theatre of her own, where she could put her hard earned knowledge to the benefit of young Black playwrights.

ten and choreographed by her, we meet Afro-American poetess Philliss Wheatley; Nancee, a Maroon mountain queen; and Audrey Rose herself, playing a working artist who loses her studio to the dome despite a good fight.

"Mama" is Rose's latest foray into this hybrid genre called choreopoetry. The dancer has a published work as well. Entitled *Lady in Off White*, this book of choreopoems was published, choreographed and performed last year. The piece received rave reviews from Deidre Kelly of *The Globe and Mail*.

From her mirrored, hardwood studio on the edge of the garment district, adorned with the posters of French impressionist Paul Gaugin, Audrey Rose contemplates her next move. She is looking forward to working with dub poet and Juno-award winner Lillian Allen. In terms of finding a new home for her artistic endeavours, however, she says: "This has been home for the past three years. I hate having to uproot myself but I do want to stay downtown. You see," she says determinedly, "we have to tell others about ourselves. We can't just tell each other what we all already know."

MICHELE TURENNE

Founder, artistic director, dancer, movement instructor of *La compagnie Michele Turenne Tam Tam Danse* in Montreal

During a telephone conversation from her Montreal home, Michele Turenne rattles off the three main ingredients that have contributed to her success in the performing arts. They are in this order - artistic talent as a dancer/instructor, a gift at organizing and that ever-elusive factor called "timing."

In Turenne's case, the year 1979 was a turning point. And Montreal, the place,

where she founded *La compagnie Michele Turenne Tam Tam Danse*, her fledgling three-year-old dance troupe of 14 members. Nineteen seventy-nine was the year that Turenne, then a 26-year-old graduate of the University of Moncton's Nutrition and Dietician Program, travelled to French-speaking West Africa. She admits being curious but mostly restless at the time.

continued

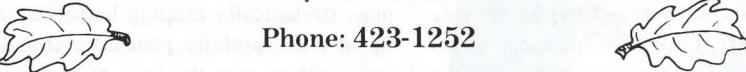
Cutty's Caribbean Diner

Caribbean Foods • Vanguard of the Cutty's Tradition • Lunch and Dinner

That special person will know how special when you choose
Cutty's Caribbean Diner

Phone: 423-1252

Opens: 11:00 a.m. to 12 Midnight 7 days
951 PAPE AVE., TORONTO, ONTARIO

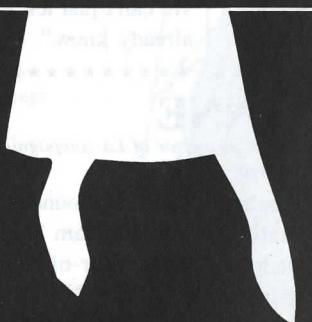


COMFORTABLE - AT EASE IN BODY AND MIND



= Pamela Gonsalves =

FASHION AND ACCESSORIES



1031 Pape Ave., Toronto • (416)467-1495

continued

Fascinated with the folk dances of her own country, Haiti, Turenne was literally left breathless at what she saw and experienced in the villages of Senegal, Gambia, the Ivory Coast and Mali. "I would arrive in a village for only three days," she tells me, "and by the end of my visit, I'd have learned by heart three dances. I was gutsy and so eager to learn," she recalls in her impeccable Haitian accented French.

Several years later with at least half a dozen dance workshops to her credit, including a certificate in dance, expressive movement and psychology from the Université de Montréal, Turenne is dancer, instructor, choreographer and artistic director of Tam Tam Danse. Her younger sister Joujou Turenne, also a dancer with the troupe is on the payroll as assistant artistic director.

Under Michele's artistic direction, Tam Tam Danse has performed in some of Montreal's most sought-after venues. For instance, 600 spectators packed the Spectrum on February 12th to catch the troupe's solo engagement. Last November 29th, for one night only, 500 Montrealers turned out for much of the same fare at the Palladium. And Turenne's troupe nearly brought the house down when it played that city's chic Club Soda last summer. Ticket sales were in excess of 500.

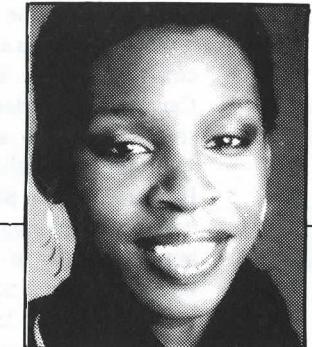
A review of Turenne's Spectrum date appeared the following day in The Gazette, Montreal's only English-language daily. Strangely enough, the date is Friday, February 13. The byline is that of Heather Hill --- the newspaper's dance critic. The headline? "Tam Tam Danse troupe does more than just recreate the feel of Africa." Hill obviously liked what she saw for she wrote: "It took the 14 dancers and musicians of Tam Tam Danse a good 45 minutes to work up to a slow boil last night but when they finally got there they percolated in a dark, rich, exciting blend of African-based rhythm and moves."

"Ici à Montréal," rasps Turenne into the receiver, "Afrique est en vogue." Roughly translated, that means, Africa is very much in fashion in Montreal. For Michele Turenne's dance company --- whose repertoire is a curious blend of continental African rhythms mixed liberally with Afro-Haitian and Afro-Brazilian beats --- this is good news indeed. ✓

FITNESS

Pedal Power

The joys and rewards of two-wheeled transport



By JoAnn James

It's fun and exhilarating. It also has become one of the fastest growing sports in North America. It's faster than walking, easier on the body, gets you where you want to go sitting down and is an activity that many of us, as children and young adults, used to do.

That activity is cycling.

The advantages of cycling are many: it's economical, easy to do and you can go almost anywhere, anytime. Cycling is easier on the body's joints and one of the best ways to lose weight and inches.

Cycling is a great way to meet people who share the same recreational interests as yourself. I enjoy it because it's a great

way to get together with friends and family and have fun cycling in the sun and fresh air along the scenic routes of Toronto.

A new cycle called the Buddy Bike makes cycling even more fun! It is designed so that two people can sit side by side on the same cycle. It's great! For more information on this great device, call Carlton Watson in Toronto at 588-3494.

If you would prefer to join a cycling club Toronto's Thrift Air West Indian Cycle Club may be for you. For more information on its cycling activities call Peter Alkins at 283-7420 or Raymond Owen at 475-2520.

Cycling is fun. Try it, you'll love it!

Top up your body's radiator

Many people still feel that when exercising vigorously or working at a very physically taxing job, they should not drink water or if they do, it should be as little as possible. This is wrong and unhealthy. It is best to drink water anytime the body signals a need, especially when exercising vigorously.

Sweating is the mechanism which prevents overheating of the body when it is warm or when heavy work is performed. Under these conditions sweating is desirable. If fluid is not replaced at the same rate it is lost, performance and fitness decline and the feeling of exertion increases. Heart rate and body temperature rise abnormally. Therefore drink deliberately and even more when you sweat. But you should not drink too much at a time nor very cold drinks.

Avoid soft drinks, commercially prepared "athletic drinks" such as Gatorade, and fruit juices, because the sugar in these drinks slows the rate at which the water can be absorbed. If you must drink prepared or sugared drinks or juices, then dilute further with water.

JoAnn James is a graduate of the University of Western Ontario and a trainer for Fitness Ontario.

Say goodbye to cellulite thighs

"How can I lose the cellulite on my thighs?" This is a question that many women ask me. What is cellulite? Cellulite is fat. The difference is that the fat develops in little pockets. Fibrous bands appear between the pockets and the skin, creating a rippled effect, like a balloon pressed against a tennis racket. The way you get rid of cellulite is the way you get rid of any fat and that is by eating less and getting aerobic exercise such as brisk walking, swimming, cycling and jogging. Massage may help by encouraging blood flow and breaking up the fibrous bands. Avoid tight clothing; not crossing your legs also helps.

"AT first I wanted to be a neurosurgeon," says Averil Spence with a wry grin. "I tried several different types of work but none could hold me the way music does."

Averil Spence is a highly-respected concert flautist. She has performed across Canada, the United States, and Europe since 1967, with an eclectic repertoire spanning everything from Bach to Bacharach, from Schubert to swing. Today she is pursuing a career as a soloist, but also plays in a duo with another flautist, and in a trio, Vol de Nuit, with the addition of a 'cellist.

Born in Jamaica, 34-year-old Spence came with her family to Canada when she was 13. She and younger brother Everad

For the Love of Music

fought, kicked and screamed when it seemed they would be left behind in Jamaica to live with relatives. And so, battling severe culture shock, Averil Spence started school in Toronto at Oakwood Collegiate. There, she was offered a choice between typing and music, and although she had never taken music lessons before, she chose music because she loved all types of music.

How she came to study the flute was, in her words, "a fluke." She had originally wanted to play the 'cello, with the French horn a second choice, but these were both already taken by other, more advanced students. So by process of elimination, Spence landed with the flute. At first she

did not even know what a flute was, she admits, and spent several months valiantly trying to produce a sound from the instrument. That was discouraging, but she has great determination and so ultimately succeeded.

From high school, Spence went on to the University of Western Ontario in London, to study music, specializing in performance. She graduated with honours in 1976, and since then has honed her craft under the tutelage of several respected master flautists. These include William Bennet, flautist with the London Philharmonic Orchestra and the St. Martin In The Fields Orchestra; Nora Shulman of the Toronto Symphony Orchestra; and Professor Geoffrey Gilbert of Florida.

Today, after eight years as a professional flautist, Averil Spence has gained considerable recognition. She has performed with several orchestras including the Toronto Youth Symphony Orchestra and the Cosmopolitan Opera Orchestra, and regularly plays with a variety of orchestral chamber and theatre ensembles. She performs frequently in recital with pianist John Greer, faculty member of the University of Toronto and assistant conductor of the Canadian Opera Company; with guitarist Richard Bradley, associate in the Royal Conservatory of Toronto Teachers; and with a variety of vocalists and other instrumentalists.

The life of a professional classical music performer is not glamorous and does not always flow smoothly. In fact it is an extremely demanding life, what with constant rehearsing and sometimes harsh criticism. Music is emotional, one cannot distance oneself from it, one cannot leave it at the office at five o'clock each day. Music lives within the musician 24 hours a day. And because it is so much a part of the musician's persona, interpreting a piece, or working with other musicians, or dealing with critics, can be very emotionally draining. The public, too, demands the absolute best. Even if you are not feeling 100 per cent at a given time, you still have to give more than 100 per cent. "You need to perform with love," says Averil Spence. "The audience can sense it if you don't."

Musicians tend to be very sensitive creatures, and the confidence they have in their ability to give to the audience what it wants, is highly subjective. "Dealing with criticism from the audience is a matter of becoming very sure of what it is you

continued

A car accident convinced Averil Spence that her primary joy in life would become her career. But playing the flute on international concert stages is only part of her ambition

BY VALERIE WINT-BAUER

PHOTOGRAPH BY JOHN WILD



continued

want to communicate," says Spence. "If your message is clear, some will understand it, some won't, some will disagree. But if you're sure of yourself, you can accept these differences. At that level, criticism becomes part of the perspective you need for performing, because it helps you find ways to make your communication clearer."

The decision to become a professional musician did not come easily to Spence. She spent two years of soul-searching before she was able to commit herself. A major consideration was the possibility for financial security—music is not the most lucrative of professions, and this was the aspect that concerned her parents the most. They realized that it is a highly competitive field, and were concerned for their daughter's future. They sat with her and helped her weigh the pros and cons of a musical profession, then left the final decision up to her.

The turning point for Averil Spence came at age 16, when she was involved in a car accident. Prior to the accident she had been toying with the notion of becoming a doctor, perhaps even pursuing a specialty such as neurosurgery. The accident changed all that. For several months afterwards she was unable to play the flute, and she realized how much she missed it, how integral a part of her life it was. It was then that she started seriously considering making a career of her passion.

In order to survive as a professional, Spence not only performs, but also teaches. She actually started teaching informally the year after she began playing the flute. While at university she gave lessons to help pay her way through school. Today, she loves teaching, and finds that it accounts for about 50 per cent of her total income. She works with both children and adults, teaching piano as well as flute, and finds the youngsters enthusiastic, although the adults are easier to communicate with. Although she is the teacher, Spence says: "In the long run I'm the pupil—I just hope I give as much to the students as they give to me."

Her studio in the Oakwood and Eglinton area of Toronto is light, airy and spacious. The many plants, including

miniature, blooming and fruiting orange tree, create the illusion of a real garden. A music stand and lights grace one corner, a piano stands against the wall, musically inspired prints hang on all the walls—along with a poster reading "Please don't shoot the piano player. He's doing the best he can." The slender, silver flute lies mute on the piano stool.

The business-like Spence sits behind her large desk at one side of the studio, surrounded by a typewriter, an adding machine, and a stereo set. Her corporate executive image is contradicted by the huge button on the desk, depicting a yowling cat labelled "Mewscian." She realizes that although she is an artiste, she must approach her "passion" with not only a strong sense of discipline in terms of practising and improving her skills, but also with a good sense of business.

"It's taken all my musical life to learn to be businesslike," says Spence. "It has been a difficult learning experience."

She had expert help, however, in her parents, the proprietors of the popular Spence's Bakery on Toronto's Eglinton Avenue West. They brought her in to work for them as a bookkeeper following her graduation, which was a vital training ground for running her own business. In addition, says Spence, "I have a very good accountant who keeps me in line. It helps too, that I often perform for business groups—I learn from them by osmosis." She stresses that it is vital to the survival of any professional musician to be just that—professional—in every sense of the word.

Averil Spence describes herself as a workaholic. "My parents are workaholics—it just rubbed off on me," she says. She is also a self-confessed perfectionist. This, she admits, makes life harder, but in the long run the satisfaction gained from a job well-done pays for all the heartache.

If her parents provided the model for hard work, other friends and colleagues have been influential in different ways. Spence recalls the late-night, post-performance sessions at the University of Western Ontario with friend Diane Cahill. At that time they would "post mortem" Spence's performance, and Cahill would give much-needed criticism and encouragement.

One very staunch friend and ally is Dr. George Bancroft, professor in education at the University of Toronto. He feels that Averil Spence is attempting to discover

In order to survive financially, Spence also teaches. "But in the long run I'm the pupil"

who she really is, in the context of music in today's world, and he feels that she is succeeding. "Her mind is always searching," he says. "She's very optimistic and sunny, and has a beautiful self-confidence which is so lacking in many other Black professional women. She just won't sit by the wayside bemoaning her fate."

He is particularly impressed by the fact that though Spence is trying to make a name for herself in mainstream classical music, she always tries to help youngsters who are less privileged than she was, as for example her work with the Variety Club last year. In addition, she is a growing influence in the exposure of the West Indian community to classical music. In 1984 she performed in a benefit concert in aid of the Jamaica Philharmonic Symphony Orchestra.

Averil Spence's philosophy is that music should be brought closer to people, that social class barriers should be broken down. She believes in bringing music back to everyday life from the lofty, seemingly inaccessible heights of black-tie concert halls. One of the ways she goes about doing this is through informal "cushion concerts." Another is through working with children. Last Halloween, for example, Spence, another flautist and a dancer, conducted a participatory music concert for children at the Jamaican-Canadian Centre in Toronto. The children came in costumes, and were encouraged to take part in the music event by dancing, singing, and generally having fun. The three performers "succeeded in giving the children joy and an enjoyment of music," says George Bancroft. "Averil gave herself fully to them."

This ability to "give herself fully" to

others, and her belief in music as a part of life, are reflected in two of the goals that Spence has set for herself. One goal is to organize a professional chamber orchestra—mostly strings, with some woodwinds and brass—which would be an opportunity for young music graduates to gain professional experience. According to Spence, a musician would spend two to four years working with such an orchestra, being paid, in order to gain the polish that a professional musician needs. Her other ambition is a major project for young people, a summer music festival. Geared to youngsters aged five to 18 years, the summer fest will deal with the appreciation of music from many cultures, as well as dance, art, theatre, and literature.

Both these projects require two or more years of planning, including seeking out financial sponsors. Spence is patient: "I need time to make them work properly," she says, "and I will put them off until the money and the other supports are in place. People are interested and want to be involved," she adds confidently.

The *joie de vivre* and energy that Averil Spence brings to the music is evident in her lively face with its quick smile. "She likes to accomplish a lot," says Janusz Borowiec, the cellist in Vol de Nuit. "She is very energetic and has lots of ideas," he adds. Her dedication to music is without question, and her desire to find the best means to communicate that music is a vital part of her *raison d'être*. She is an eternal optimist, and has an innate ability to pass on this positive outlook to all who come into contact with her.

"Music is important to me because it is part of who I am. I tried it as a hobby but I just wasn't happy with that. It isn't something you can turn off and on like a tap—it is the basis for everything I do, everything I need to express."



WHY CANADA LIFE?

ASK Myrna-Jones Johnson

to tell you about the many plans designed by Canada Life to help make it easier for you to plan for the future — financially. She can advise you on personal and corporate life insurance and pension plans. She can discuss annuities, both immediate and deferred. She can show you an income protection plan that comes to the rescue when you are sick or injured and can't work. She even has a policy that provides protection directly related to the Consumer Price Index.

Interested? Call Myrna Jones-Johnson 296-0170



CANADA LIFE

**UP TO 40% Below
WHOLESALE PRICE
on last minute specials**

LONDON JULY, AUG, SEP

**\$479
FROM**

DECAMERON BEACH RESORT

(Santo Domingo)

- Return Airfare • Accommodation • Transfers
 - All Meals • All Drinks • Sailing • Windsurfing • Snorkelling • Paddle Boats • Scuba Clinic
 - Tennis • Horseback Riding • Bicycling • Casino Tour • Entrance to Disco
- July, Aug, Sep from \$559

BAVARO BEACH RESORT

(Santo Domingo)

- Return Airfare • Transfers • Accommodation
 - 2 meals daily • Sailing • Windsurfing • Snorkelling • Tennis • Table Games • Live Entertainment
- July, Aug, Sep from \$499

PUERTO PLATA BEACH RESORT

- Return Airfare • Accommodation • Transfers
- 2 meals daily • Sailing • Windsurfing • Snorkelling • Free Tennis • Bicycling

July, Aug, Sep from \$469

COFRESI BEACH RESORT

(Puerto Plata)

- Return Airfare • Accommodation • Transfers
 - All meals • All drinks • Sailing • Windsurfing • Snorkelling • Paddle Boats • Scuba Clinics
 - Tennis • Horseback Riding • Bicycling • Live Entertainment
- July, Aug, Sep from \$559

JAMAICA from \$299*

ACAPULCO from \$299*

CANCUN from \$299*

CUBA from \$299*

PUERTO PLATA from \$299*

CURACAO from \$299*

CARTAGENA from \$199*



THE INTELLIGENT CHOICE

*Recent Examples of package tours

Summer Treats continued from page 19

a picnic lunch and take the wife or girlfriend. It is relaxing and you can always find a quiet spot to talk. Play ball with the kids, take them on the rides or just go for a long walk.

Hiking: Buy good walking shoes and hit the trail. It might even prove helpful for those of us with a weight problem.

Don't worry gentlemen, she's not going to think you are crazy for coming up with these suggestions, you might be surprised at the response you will get.

Plays: Take her to see Shakespeare at Stratford, visit the Shaw Festival, enjoy Romeo and Juliet in the park. There are also a number of plays from the Caribbean and the vast majority of the audience are women as some men seem to think it is not their thing. Try it, you might just get hooked.

Trips: Why not go cruising among the Thousand Islands? It's relaxing and very interesting historically. The islands were initially settled by Indian tribes. These tours operate daily to October 15 and include evening cruises. The islands are also known as a place of health and happiness.

These are a few suggestions. Why not plan to act on at least one for this coming summer so that the next time the lady in your life says: "Let's do something romantic this weekend?" your response will be: "Yes, let's."

For more information on camping or the provincial parks, call or write Ministry of Natural Resources, Toronto 965-4008, or call toll free 1-800-268-3735. If you have always wanted to visit Muskoka call (705) 645-3088.

Anger On The Home Front

continued from page 9

a day off for months on end. Many put in 18-hour work days for rock bottom wages (as little as \$200 a month in some cases). Why is this not common knowledge? Because these women are on temporary employment visas, it is a common practice for employers to hold it over their heads and threaten deportation at the smallest complaint. So fear of the government coupled with fear of their employers has silenced these women.

Primrose, one of the ladies interviewed, puts it this way:

"She (my employer) is a hassle, but Immigration is also a hassle, and you never know when they might decide to send you home. I have a girlfriend and every time she goes down to Immigration she says, 'I'm going for sentence now. Down big yard' ... If the government wanted to do something about it, they could. We have to live in the employer's house and they are collecting so much money for room and board. I know the government could arrange somewhere for the people like us to stay. What the employers are claiming for and not spending, the government would have that money to spend to help the country. They say they are feeding you - God bless what you are getting, a piece of toast."

After reading about the deplorable conditions under which domestic help work in certain institutions for mental patients and the aged, it occurred to me that the inmates must be short-changed as well. So these disenfranchised domestic workers also have much insight as to what Canadians think about care for their children, their aged and infirm (all non-voters), judging by what employers can get away with. What values are children being taught about their worth and the worth of those who care for them?

continued

Silvera has researched the history of domestic service in Canada quite thoroughly and has documented complaints as far back as 1898. Some of the same conditions obtained way back then as well. Formerly, women domestics were granted Landed Immigrant status upon arriving in Canada, and so it was easier to move on to more rewarding work with adequate salaries and reasonable hours when their contracts expired. Many upgraded their education and struggled to assimilate into the society at large. But this upward mobility simply meant a constant shortage of domestic labour. So, as Silvera points out, instead of trying to improve the working conditions to make the work more attractive and respected, the government stopped granting immigrant status to domestics and replaced it by issuing temporary employment visas. As a result there are over 75,000 domestics in Canada at present. By far the majority of these are in Ontario. If any circumstances change, the holders of the visa must report to the Immigration authorities. The major reason for the vast increase in temporary visas issued (12,483 in 1978; 16,000 in 1982), according to Silvera, is that few Canadians are willing to do work which requires "living in."

We owe it not only to the women domestics to read their pleas in this book. They have been silenced by their conditions, like so many other women before them. But we also owe it to the aged, ill and young for whom they care. These (the aged especially) all belong to other silenced minorities, whose ranks we will one day join. We, the fortunate ones who have a vote which can make a difference, should be up-to-date with government policies, because all our lives and futures are interconnected. Silvera should be congratulated for helping these women break their condition of being silenced. We have not been silenced, so let us not be silent. Jennifer Amoah is a school librarian in Mississauga.

tention from male law makers as long as males continue to isolate themselves from the responsibility for domestic work.

It is interesting that one of the most sympathetic employers was one who came to Canada as a domestic worker herself, and achieved upward mobility through marriage. By contrast, the worst employers were women who were dominated and ill-treated by their husbands.

Every so often the human heart is warmed by the daring of a maverick to speak up for the voiceless and expose the source of their suffering. This is necessary but often unrecognized work. Silvera deserves much commendation. This book did not leave me feeling either remorseful or helpless. Canadians on the whole are fair-minded and will not tolerate exploitation, even the type which is aided and abetted by the government. I'm sure that publishers were not exactly vying for the opportunity to put these women's plights into print. However, they were published. Wholesale changes for Third World domestic workers may not come about because of this book. But it is a step in the right direction; a step which had to be taken.

We owe it not only to the women domestics to read their pleas in this book. They have been silenced by their conditions, like so many other women before them. But we also owe it to the aged, ill and young for whom they care. These (the aged especially) all belong to other silenced minorities, whose ranks we will one day join. We, the fortunate ones who have a vote which can make a difference, should be up-to-date with government policies, because all our lives and futures are interconnected. Silvera should be congratulated for helping these women break their condition of being silenced. We have not been silenced, so let us not be silent. Jennifer Amoah is a school librarian in Mississauga.

A MOST ASTOUNDING ACHIEVEMENT IN COSMETIC SCIENCE

Chéri
a cream for removing stretch marks, age spots,
skin blottches, dark marks etc.

Remove stretch marks and skin discoloration permanently with the new \$100,000 Formula

CHERI is guaranteed to rid you of unsightly stretch marks, dark marks, freckles, age spots, and surface scars in 6 to 8 months.

Finally, the ultimate skin beautifier is now available—a safe, remarkably effective Formula made from natural ingredients containing 52 trace elements. Actually fades the appearance of dark spots and blotches from anywhere on your body! In only 6 to 8 months, your skin can look even-toned and flawless, without a trace of discoloration. CHERI is used by women and men of all ages to eliminate their skin and complexion problems.

Now you can literally say good-bye to unwanted dark spots. CHERI does wonders to restore original tone and smoothness to darkened and discolored skin. CHERI will safely:-

- ★ Fade dark marks, color blotches and age spots anywhere on the body.
- ★ Fade freckles, acne and pimple marks.
- ★ Fade embarrassing stretch marks that result from pregnancy, weight change, etc.

Please send me...jars(s) of Cheri, at \$19.95 each.
(ADD 2.00 for shipping plus tax where applicable)

To:
Name.....
Address.....
City.....
Province..... Postal Code.....

Please print your name and address clearly. Send cheque or money order (not cash) to:

B.I.E. Inc.,
1750 Plummer St. #18
Pickering, Ontario L1W 3L7.



Visiting Trinidad?

We have a car for you

SINGH'S AUTO RENTAL CO. LTD.

Pick up your car as you arrive. Drop it off as you leave at our convenient airport location at the Terminal Building, Piarco International Airport.

Phone airport 809-664-5417

Or contact our Port of Spain office, 7 - 9 Wrightson Road, opposite T&TEC.

Phone 809-625-4247
809-625-4402
809-627-8484
809-627-8476

MOVING?
Please tell us.

Name	Old address	New address
------	-------------	-------------

Send to: Excellence, 1554A Eglinton Ave. West,
Toronto, Ontario M6E 2G8.

Excellence

Relationships continued from page 16

our children in like manner. What if they don't?

One university professor recalls grounding his teenage son and forbidding him to continue his newfound sports and music activities until his marks had improved. Nothing is wrong in itself with music or sports, the professor explains. But he must have remembered his two older children's encounter with a school guidance counsellor who reassured them that "this country needs all the carpenters and plumbers" that a trade school could produce. Both children now have graduate degrees, one earned at age 22.

It's not that all our children aren't computer whizzes that disturbs me. It's that in a land of opportunity we fail to motivate our children in the way "street higgle" parents (usually women) of 51 per cent of the students at the University of the West Indies did. We have become afraid of our children. We feel that because they can

rattle off the phrases of "the New Land," or because they attend impressive-looking schools we never did, they have no need for our poor lowly instruction or discipline.

Children's Aid will take them away, some of us whine. Others complain that the schools do not use books that extol the virtues and accomplishments of our forefathers. But do we ourselves do it? Or do we also believe the lie that they are not worth repeating?

The only link between the past and the future is the present. Many of our foreparents were slaves and indentured servants and there are those who would love to see this happen again. The present is all we have to ensure that this never again happens. Let us make it count.

Maureen Roach-Brown is a freelance writer and regular contributor to Excellence.

Women of Excellence

BEVERLY MASCOLL

The Complete Businesswoman

PHILOMEN WRIGHT

Quiet Fortitude Gets Things Done

DR. MAVIS BURKE

A Leading Light

CINDY REYES

No Stopping Now

JEAN SHEEN

Indomitable

CYNTHIA LEWIS

Artist with an Icing Tube

LORRAINE DELSOL

Designer Mom

MYRNA JONES-JOHNSON

Top Mother, Leading Saleswoman

IRIS WILLIAMS

The Good Reverend

THERESA YOUNG

A New Kind of Cop

AND MORE TO COME ...

Subscribe now at our regular low price
and read about more Women of Excellence.

Send \$12.50 for one year's subscription (10 issues),
plus your name and address, to:

Excellence, 1544A Eglinton Ave. W., Toronto M6E 2G8

HOROSCOPE



Leo

Exercise your leadership abilities

Sagittarius

(Nov. 23 - Dec. 21)

Wait for the 16th and 17th to pursue social life; decline invitations on the 1st and 3rd. Strive for perfection in projects on the 5th and 17th, but do not look for progress on the 19th.

Capricorn

(Dec. 22 - Jan. 20)

Promote your career projects on the 16th and 17th, but sidestep conflicts among associates on the 1st and 3rd. Launch important undertakings in a creative hobby on the 6th and 22nd. Look for a slowdown at work on the 19th. Confer with partners on the 24th and 30th.

Aquarius

(Jan. 21 - Feb. 19)

Avoid being reckless on the 1st and 3rd. Press for financial consideration in career matters on the 6th; conditions change after the 17th. Progress in your projects should be favourable on the 17th, 19th and 24th. Sidestep conflicts with partners over the 30th.

Scorpio

(Oct. 24 - Nov. 22)

Partnership and employment matters become favourable on the 5th and 6th. It is necessary to avoid extravagance over the 1st and 3rd. Wait until the 19th to make a move to improve your position; new opportunities may develop on the 22nd. Wind up projects in your home between the 24th and 30th.

Aries

(Mar. 21 - Apr. 19)

Joint efforts may be disappointing on the 1st and 3rd, but you may accomplish your desires on the 16th and 17th. Look for romance to be more favourable on the 19th and 22nd. Be on the lookout for ways to improve security plans on the 17th.

Taurus

(Apr. 20 - May 20)

Get the support of your partners before engaging in a joint enterprise on the 1st and 3rd. Make good use of your skills to gain preferment at work on the 16th and 17th. Keep alert for gains in personal investments on the 24th; your vigilance might pay off on the 30th.

Gemini

(May 21 - June 21)

Work for gains in employment projects on the 3rd, 5th and 6th. Keep down overconfidence on the 14th. Do all you can to help partners complete projects on the 17th and 19th. Finances should improve after the 24th. A serious romance may see you married on the 30th.

Pisces

(Feb. 20 - Mar. 20)

Romance becomes favourable on the 5th and 6th. It is necessary to avoid extravagance over the 1st and 3rd. Wait until the 19th to make a move to improve your position; new opportunities may develop on the 22nd. Wind up projects in your home between the 24th and 30th.

Cancer

(June 22 - July 21)

Promote family projects on the 16th and 17th, but do not take sides in petty quarrels on the 1st and 3rd. Look for satisfactory results in career on the 3rd and 6th. Settle all your current bills on the 19th. Be prepared to grasp fortunate opportunities on the 24th.

Tips on Immigrating

What to do under the ADR program

Many Black and Caribbean women have received Canadian landed status through the Refugee Backlog under the Administrative Review Program. However, a number of other women have been refused landed status for various reasons. The statistics show a high refusal rate among Jamaican and Guyanese women who have children in their countries of origin.

The Administrative Review Program (ADR) was instituted by the Canadian Immigration Department in an effort to clear the backlog of persons who claimed refugee status in Canada prior to May 21, 1986. The program, however, does not require true refugee status as defined by the Immigration Act. In other words to be accepted under the program you do not have to show that you were persecuted in your country of citizenship for reason of race, nationality, religion, social grouping or political opinion. Rather, an assessment is made on economic grounds or one's ability to support oneself and one's family in Canada.

Take for instance Miss A. Miss A is from Jamaica, 30-years-old and is a single mother of three children. Miss A has been in Canada illegally since 1982 and has been holding a steady job as a secretary earning \$18,000 per annum. In 1984 she was apprehended by Immigration officials and at her immigration inquiry claimed refugee status in Canada. She has been working under a work permit ever since.

Miss A receives a notice under the ADR program for an interview. She takes a job letter, her bank statements with \$3,000 in savings and her T4 form showing earnings of \$18,000. Because she has three children, one in Canada and two in Jamaica, she is considered to be supporting a family of four and is refused under the ADR. She now faces the possibility of deportation. Why?

Immigration Canada's guidelines in ability to support dependents is determined by Statistics Canada's Low Income Cutoff figures. These are for:

1 person	\$10,233
2 persons	13,501
3 persons	18,061
4 persons	20,812
5 persons	24,252
6 persons	26,488
7 persons	29,155
for each additional person	2,500

Miss A therefore should have been earning at least \$20,812 to qualify under the program. It is reputed that the original regulations from Ottawa did not require consideration of relatives or dependants in another country. However, as the program developed, directions were given by the Immigration department to consider these dependents thereby increasing the refusal rate. Statistically this directive had the effect of increasing refusal rates among single women with children who did not have the support of a second income to help them qualify under the Program. Unfortunately, this affected many Caribbean women.

Solution:

1) If you are to be considered under the ADR Program, do not go to the interview without first contacting competent immigration counsel who will assess your qualifications beforehand.

2) If you will fall below the low income cutoff figures mentioned, get a second job and increase your chances.

3) If you cannot meet the immediate criteria, show that you intend to improve your economic status by registering and attending a program of education which will increase your economic power. It would be best if you are already registered and undergoing study for such a program.

4) Take relatives with you to the interview who are able and willing to assist you in Canada. These relatives may be grandparents, parents, children, grandchildren, uncles and aunts or nieces and nephews. They must be over 18 years old and Canadian citizens or permanent residents.

5) If you have a job, don't change it unless a new job means more money. Frequent changes in jobs show instability unless accompanied by economic improvement. Your work history back home may also be helpful. The above will help show that you have the potential to become well established in Canada and Immigration may then consider you acceptable.

Sharon A. Ffolkes-Abrahams is a Toronto lawyer.



By Sharon Ffolkes-Abrahams

Plan your Success

Got a business idea? Put it in writing

the survival of any business whether you plan to invest \$500 or \$50,000.

A business plan is a step-by-step summary of your dreams. It should outline as a minimum:

- how your business will operate from start up to minimum five years
- your short term and long term goals
- your timetable for achieving your objectives
- the details of how much money you need.

The Ontario Ministry of Industry, Trade and Technology in its publication *Starting a Small Business in Ontario* provides a simple but adequate format for a business plan. A copy may be obtained from the Ontario Government book store at 880 Bay Street, Toronto.

Business Plan Format

A one to three page summary of your ideas, outlining the market need, the amount of capital needed and projected financial statements;

A table of contents, well indexed for ease of reference; Background information of the development of your idea and how the whole concept will work;

Personal resumes of the owners, detailing age, academic background, positions held, net worth, speciality and how such knowledge will fit into the business;

The plan must identify skills required, the availability and cost of such skills;

The plan must outline why you know your product or service is viable;

Financial information, source of funds, uses of funds, plans to handle low cash periods and projected net income or loss;

The plan should be typed and prepared in simple non-technical language. This is why many experts will ask you to prepare a rough draft to be incorporated into the final product.

Sheila J. Simpson is in private practice. She is a member of the Institute of Chartered Accountants of Ontario and the Canadian Tax Foundation.



By Sheila Simpson

Be Positive

“B

lack people don't support each other," or "Blacks don't like to see Blacks prosper." How many times have you repeated these words?

Sadly, many people accept them as truth despite strong evidence to the contrary. It is one of the myths that have been used to divide us for centuries and we continue to buy it lock, stock and barrel.

It constantly bothers me when I hear Blacks being negative about Blacks. If you take the time to look around in our community there is so much to be positive about. Look at the many functions that are consistently well attended. Look at the annual Caribana festivities that, without support from us, yes, Black folks, would not have survived. Look at our small stores, supermarkets and travel agencies, look at our hairdressers who have been in business for years doing Black hair, look at the many strong community organizations who have workers and people supporting their causes, look at the many scholarship and fundraising efforts being supported by our own.

It is true that there are a few who don't want to see others survive but I would think there are such self centered people in any community.

There are many Black and Caribbean people who feel proud of our accomplishments and take the time to say so. There are people who help each other look for jobs, and give generously of their time and money to support the less fortunate.

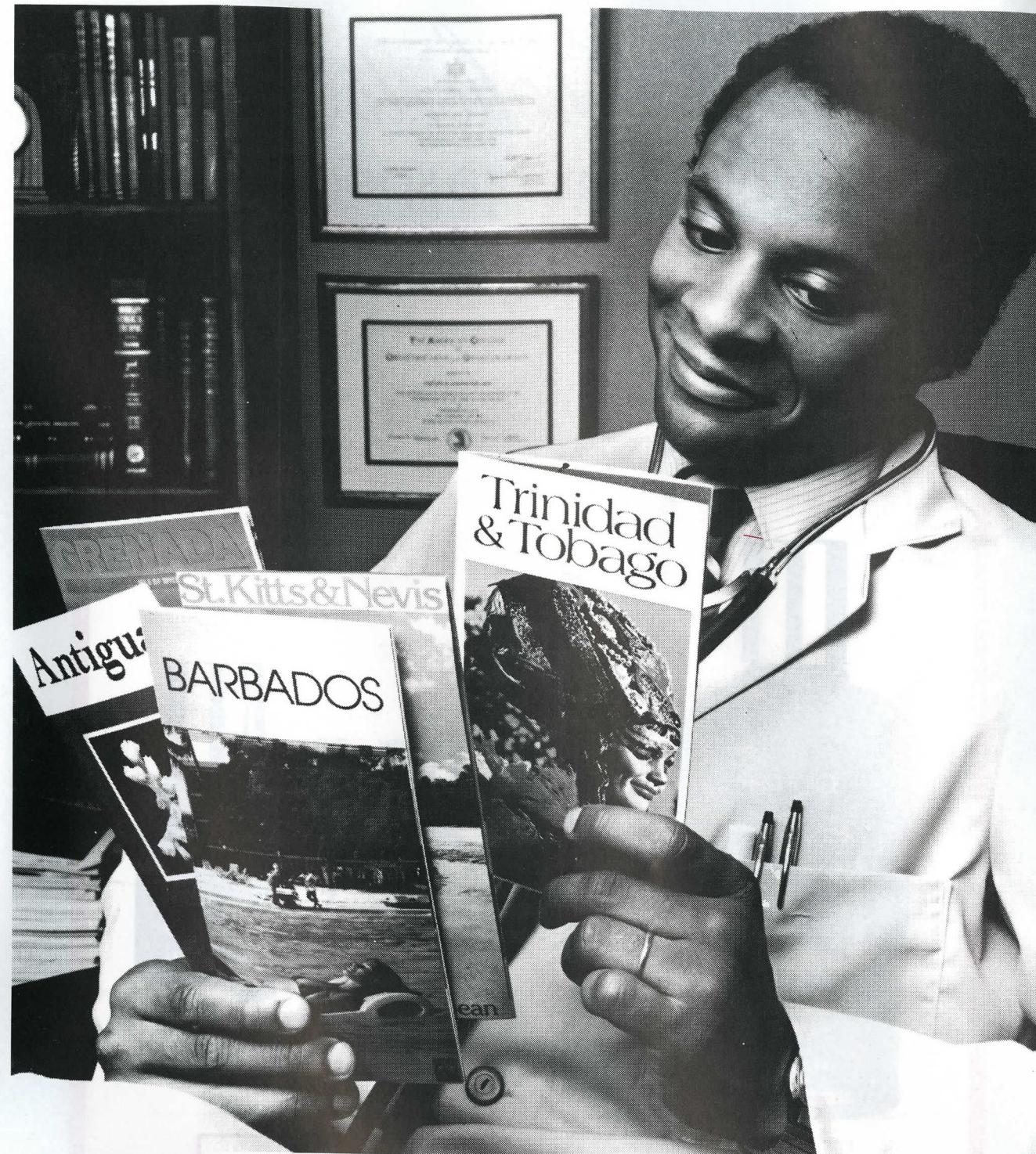
Maybe it's because we do not know each other well enough and having come from such culturally different places as Africa, the Caribbean, Canada and the United States and having only our colour in common, we tend to judge each other harshly, more out of ignorance of each other. There are cultural differences which we must recognize and understand before we can learn to appreciate each other. We must also be careful not to put the entire race down because of one person's failure. Instead of saying for example: "Black people can't chair a meeting" we should admit: "So and so can't chair the meeting not because she is Black but because she doesn't have the skills." We do that now for every other race except ourselves.

Did you know that the first taxis in Upper Canada were owned and operated by a Black man, Thornton Blackburn, and that Mary Ann Shadd was the first woman publisher in Canada? The list is endless but instead of dwelling on our accomplishments we continue to parrot negative myths and yet expect to get support from each other.

There is a lot of work to be done. Many of us have been busy looking after self and family and have not yet made the commitment to the larger community. But we need each other.

Let us resolve to get rid of any negative thinking and take the time to articulate the positive.

Sandra Whiting Managing Editor



No matter how far you've come, the best vacations are spent in your Caribbean.

You may come from Trinidad and Tobago. Or Barbados. Or St. Lucia. St. Kitts. Antigua or St. Maarten. You come from the most beautiful islands in the world. And now that you've made it in Canada, exactly where should you spend your

vacation? The beautiful West Indies are waiting to welcome you back with open arms. Let BWIA take you there.

BWIA

TRINIDAD & TOBAGO AIRWAYS CORPORATION
Our determination is showing
from the ground up.

TRINIDAD & TOBAGO
ST. LUCIA-ST. KITTS
ANTIGUA-BARBADOS
GEORGETOWN-KINGSTON
SAN JUAN-CURACAO-ST. MAARTEN-GRENADA-MARTINIQUE

Because no matter how far you've come, you know the best vacations are spent at home.

For reservations call your travel agent or BWIA International at (416) 863-0300, or the toll free number in your area.



Flori Roberts Gold

The oily skin care specialist.



MASCOLL BEAUTY SUPPLY LTD.

DISTRIBUTED IN CANADA

870 Bathurst Street, Toronto, Ontario

(416)533-1176

400 Steeles Avenue East, Brampton, Ontario

(416)455-8689

3062 Hurontario Street, Mississauga, Ontario

(416)275-2004

1170A Kennedy Road, Scarborough, Ontario

(416)757-6636

30 Titan Road, Number 12, Warehouse

(416)232-1900

Where You Need Us, When You Need Us